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FOR PRISCILLA - Quincy High School girls' varsity team recently hosted a fundraiser at the school to benefit Priscilla Bonica and her family. Priscilla, who graduated from Quincy High School in 2021 and was the captain of last year's Presidents basketball team, is battling brain cancer. Here members of this year's team hold long-sleeve warm up t-shirts with the last name Bonica and Priscilla's jersey number 24. Front row from left to right: Mary Saccoach, Caroline Campbell, Antenella Ibrahim, Alex Kane and Alyssa Hopps. Back row: Caroline Tracey, Mairead Folan, Niamh Gendron, Lena Waldron and Helena Middleton. Missing from photo due to COVID protocols: Paige Mann.

Quincy Sun Photo/Robert Bosworth

Quincy Girls' Basketball Team Rallies For Former Standout

Team Hosts Fundraiser For Former Captain Priscilla Bonica Who Is Battling Brain Cancer

By SCOTT CAMPBELL

The theme of the night was "Bigger than Basketball" and the event most certainly lived up to its name. The City of Quincy and the QHS volleyball and basketball community came out Feb. 5th to support one of their own, Priscilla Bonica.

Priscilla Bonica is a 2021 graduate of Quincy High School where she

starred as a volleyball, basketball and softball player for the Presidents. Last year, during her senior year, Priscilla began having massive headaches with no clear cut explanation as to what was causing them. After an initial diagnoses of HLH, by July 2021, the doctors ultimately came to the conclusion Priscilla had a glioblastoma brain tumor. From that moment on, the Bonica

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PRISCILLA BONICA was a standout basketball, softball and volleyball player for the Quincy Presidents. She is shown here during a basketball game in January, 2020. QHS and rest of the community are rallying for Priscilla who is battling brain cancer.

Quincy Sun File Photo/Robert Bosworth

Councillors Seek Oversight Meeting With Retirement Board Pension Fund Lost \$3.5 Million In Phishing Scam Last Year

By SCOTT JACKSON

The City Council's oversight committee plans to invite members of the Quincy Retirement Board to appear at hearing next month after news broke that the city's

employee pension fund lost \$3.5 million in an email phishing scam last year.

Ward 4 Councillor Brian Palmucci, the chairperson of the oversight committee,

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MBTA Breaks Ground On New Bus Facility

By SCOTT JACKSON

City, state and federal officials gathered in South Quincy on Monday morning to break ground on the MBTA's new bus maintenance facility, which will be the first T garage constructed to accommodate an all-electric

bus fleet.

The new bus maintenance facility will be located at 599 Burgin Parkway, formerly home of a Lowe's store, and is slated to open in 2024. Construction of the new facility will be par-

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School Board Meeting To Review Mask Mandate

By SCOTT JACKSON

The Quincy School Committee was set to hold a special meeting at 6 p.m. on Wednesday to review the district's mask mandate.

Mayor Thomas Koch called for the special meeting of the committee on the heels of Gov. Charlie Baker's decision to let the state's mask mandate expire on Feb. 28 when students

return to the classroom following February vacation. Local districts will have the option of keeping their mask mandates in place after that date.

Koch was optimistic the committee would vote to remove the mask mandate within the Quincy Public Schools.

"I hope and expect it will

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Planning Board OKs Ross Lot Development - Page 16
\$16.4M Sought For Pine Hill Expansion - Page 22
Ask John Paul: AAA's Car Doctor - Page 24

More Quincy news:
The Quincy Sun.com

Steven Chencharik Promoted To Fire Lieutenant

By SCOTT JACKSON
Steven Chencharik, a 13-year veteran of the Quincy Fire Department, was recently promoted to lieutenant during a City Hall ceremony.

City Clerk Nicole Crispo swore in Chencharik as the department's newest lieutenant the afternoon of Feb. 8 inside the Great Hall of the McIntyre Government Center with more than two dozen of his fellow firefighters in attendance. Chencharik's wife, Elizabeth, and their four children were there to pin the lieutenant with his new badge.

Chencharik said the promotion meant a lot to him and his family.

"It's a lot of work that goes into getting promoted and test taking and studying and all that, so it means a lot to me and my family," he said shortly after receiving his promotion.

"I've been looking forward to this a long time, a lot of waiting and perseverance, so I'm glad today happened."

Mayor Thomas Koch

called the promotion "a big day for Steve and his family" and said the new lieutenant is well-respected within the department.

"We're certainly delighted for him. I know he's earned it and I know the guys the guys that work with him have great respect for him and his work ethic and he's a joy to be around," Koch said.

"I hear the stories over the years, people take the and you're hoping you have that opportunity, it's a lot of work, a big commitment, I certainly understand that. I know when you hit it, it's a big deal - it's a big day."

The mayor also credited the Fire Department for the work it does on a daily basis.

"I also know what a great department we have. I look around the room and see a lot of friends, but first and foremost you are good at what you do - you're great at what you do. This city is very, very special in many, many ways. We've got the best in the fire service, so thank you to each of you for



CHENCHARIK FAMILY was all smiles on Feb. 8 after Steven Chencharik was promoted to the rank of lieutenant within the Quincy Fire Department. He is a 13-year member of the department. Joining him at the ceremony in the Great Hall of the James R. McIntyre Government Center (old City Hall) were (from left) his children, Anna, age 11, Mia, age 10, Nora, age 8, and James, age 7, and his wife Elizabeth.

Quincy Sun Photo/Scott Jackson

what you do each and every day in our city," Koch said.

"It's a great day for the fire service - a great day for Steve and his family."

Fire Chief Joseph Jack-

son thanked the mayor for approving the promotion, saying it would not have happened without Koch's approval. Jackson said he looked forward to working

with Chencharik in his new role as a lieutenant.

"I'm very happy for you. I'm very happy for your family," Jackson said. "You're a great guy. All these people

love working with you. You do a good job. You're going to do really well as a manager. I look forward to working with you."

Koch Seeks \$2.3 Million For Two New Fire Trucks

By SCOTT JACKSON

The Quincy Fire Department could soon purchase two new fire trucks to replace a pair of trucks that have both been in service for more than a decade.

Mayor Thomas Koch on Feb. 7 asked the City Council for permission to borrow \$2.3 million to purchase the two new trucks. The council's finance committee will discuss the request on March 7.

Fire Chief Joseph Jackson on Feb. 8 said the department plans to replace Ladder 1, which is based out of fire headquarters on Quincy Avenue, and Engine 3, which is housed on Washington Street in Quincy Point. The current Ladder 1 is a 2011 model and Engine 3 is from 2007.

"After about 15 years or so you've got to look at starting to replace these, especially in a city like

Quincy. They do so much running," Jackson said. "Actually, Ladder 1 is our second-busiest truck. They have such a huge response area."

The new Ladder 1 will be a rear-mount ladder truck, similar to the one it is replacing. The department had purchased a tiller truck, which features a second steering wheel in the rear of the vehicle for greater maneuverability, when it replaced Ladder 2 at the Wollaston firehouse in 2019.

"The ladder truck will be

a rear-mount, just like the rear mount that runs out of headquarters," Jackson said. "Last time we did a tiller, but this time we will have a rear-mount ladder."

The fire chief was hopeful the council would approve funding for the two new vehicles and said construction of the engine and ladder would start once funding is approved.

"We're going to start building them as soon as it gets approved, hopefully," he stated.

It could take between 18

and 24 months for the new vehicles to come into service, Jackson said. He noted it took more than two years to replace Engine 2, located at the North Quincy firehouse, because of delays associated with the pandemic.

"It takes at least a year to build them now and with COVID you don't know if it's going to get shut down, which is what happened with the new Engine 2," Jackson said. "The Engine 2 that we just put in service, it was over two years to build with COVID."

During the Feb. 7 council meeting, Councillor Anne Mahoney said Koch should consider using American Rescue Plan Act funds the city received from the federal government to purchase the two new fire trucks, rather than using a bond to do so.

"I would like to make a recommendation for the mayor to possibly consider the COVID money for this," Mahoney said. "We have ARPA money that can be used for vehicles."

City Cleaning Veterans' Lots At Cemeteries

By GEORGE BOUCHARD
Graves Registration Officer
Quincy Veterans Services

Quincy Veterans Services Department will begin to clean up the veterans' lots at Mount Wollaston and Pine Hill Cemeteries beginning March 15th.

During this time, we will be removing all Christmas decorations and holiday plants, plus anything that becomes unsightly and anything that interferes with the cemetery operations such as mowing and cleaning up in anticipation of our Memorial Day ceremony.

Temporary pots of natural flowers may be placed

throughout the year but will be removed when their presence interferes with grounds maintenance. There's no in-ground planting allowed at the foot markers in the Veterans lot. Permanent planting such as plastic plants, vigil lights, wind chimes, planting urns and breakable objects are not permitted.

This is the final resting place for our local veterans, and we ask all of you to please cooperate with us in keeping it clean and beautiful when you pay your respect to your loved one

Thank you for your cooperation in this manner.

Six Quincy Students On Dean's List At Endicott College

Six students from Quincy have been named to the Dean's List for the fall semester at Endicott College in Beverly.

They are:

Lillian Burke, Liberal

Studies/Education, daughter of Carla Burke and Robert Burke.

Pearl Carey, Liberal Studies/Education, daughter of Heather Carey and Timothy Carey.

Serena Greaves, psychology, daughter of Roxanne Greaves.

Sarah McGowan, nursing, daughter of Terence McGowan.

Michaela Pettinelli,

Liberal Studies/Education, daughter of Diane Pettinelli and Ronald Pettinelli.

Amy Trillcott, exercise science, daughter of Cindy Trillcott and Kenneth Trillcott.

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479 Washington Street
Quincy: 617-786-8888

Seasonal Flavors

Snowflake Sundae
and Moose X-ing



Board OKs Full Liquor License For MB Market

By SCOTT JACKSON

The city's licensing board recently approved a Marina Bay shop's request to upgrade to a full retail liquor license.

The Board of License Commissioners on Feb. 8 granted the request of Marina Bay Market, located at 532 Victory Rd., to change the category of its retail beer and wine license to an all-alcohol license. The store had originally been granted a beer and wine license in February 2018.

Store owner Gloria El-Shurafa said customers have asked about liquor sales since the shop first opened and she hopes customers can do all their shop-

ping without having to leave Marina Bay.

"We just want to make it a one-stop shop for everybody," she said.

El-Shurafa said liquor sales would also provide the store with additional revenue.

"Marina Bay is very seasonal. Our busy season is summer time with the boaters and the months of December, January and February are really quiet," she said. "It's just additional revenue we're looking to get."

Gloria's husband, Hani, added that "we're not going to turn our market into a liquor store." He also said the store does not presently plan

to sell nips – 50-milliliter bottles of alcoholic beverages – but that could change in the future.

City Clerk Nicole Crispo, the chairperson of the licensing board, said Ward 6 Councillor William Harris voiced his support for the request. Crispo said the applicant also had the support of 21 area residents.

"They say you do a great job with your store down there," she said.

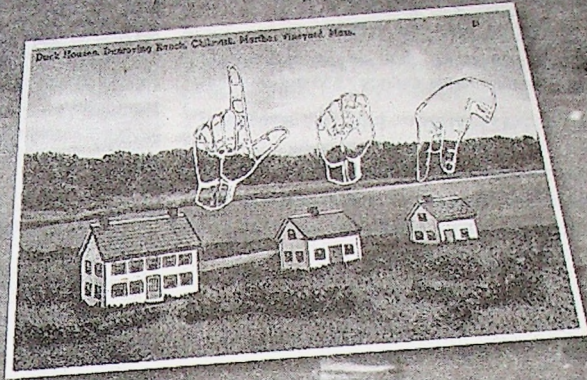
In other business on Feb. 8, the licensing board:

Granted a special-use permit to the Bill Dunn Jr. Memorial Scholarship for its annual five-mile road race and two-mile walk

Cont'd On Page 8

Thomas Crane Public Library
Quincy, MA | thomascranelibrary.org

The Signing Community on Martha's Vineyard Thursday, February 24 at 7 PM



Friends of the Library
Make it Happen

The Signing Community on Martha's Vineyard Library Program Feb. 24

Are the Deaf Community persons with disabilities or are they a cultural-linguistic minority group?

On Thursday, Feb. 24, from 7 to 8 p.m., at Thomas Crane Public Library, Manuel Martin, founder of ASL Academy will let the history of Martha's Vineyard answer this question. What happened there in a period of 250 years or so, is a les-

son for all of us - how we think about each other and how we can see the possibilities that can come from adversity and diversity.

Martin first began learning ASL in 1984 when he and his wife accepted a 13-year-old deaf foster son, thus creating a life-long relationship with the Deaf community. After taking many disappointing ASL classes in the

early 1980s he immersed himself in workshops and videotapes. Part of his learning included an examination of brain function - how in-

dividuals learn and store information, second language acquisition, and analysis of language-teaching curricula and theories of second lan-

guage teaching. He became a full-time interpreter and still teaches, including designing curriculums for all age groups and skill levels.

This program is sponsored by the Friends of the Thomas Crane Public Library. Visit the library website for more event details.

Squantum School PTO Offering Four Scholarships

Squantum School Parent Teacher Organization announces it will be offering four scholarships this year awarded to graduating seniors who attended the Squantum School.

The scholarships include:

- Two \$250 Squantum School PTO scholarships available: one male one female recipient.

- Two \$100 Virginia Whalen Memorial Scholarships, in memory of Virginia Whalen who worked as a lunch matron at the school for 30 years.

Application forms are available in the guidance offices at North Quincy High School and Quincy High School. Applicants can also pick up applications in the main office at Squantum School.

Applications must be completed and returned to Squantum School on or before Thursday, April 14. Scholarship winners will be chosen by lottery drawing under the direction of the Squantum School staff and PTO.

Two Quincy Students On WNEU Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Western New England University in Springfield.

They are:

Frank Nunziato who is working toward a BSE in mechanical engineering/mechatronics concentration.

Zebin He who is working toward a BSE in computer engineering.

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Moments in time

THE HISTORY CHANNEL

• On March 6, 1776, a committee of the New York Provincial Congress instructs Major William Malcolm to dismantle the Sandy Hook lighthouse to prevent the lighthouse from helping the British by warning ships of the rocky shore. He succeeded.

• On March 3, 1845, Congress reins in President John Tyler's zealous use of the presidential veto, overriding it with the necessary two-thirds vote. This marked Congress' first use of the Constitutional provision allowing veto overrides.

• On March 1, 1932, Charles Lindbergh, Jr., the 20-month-old son of aviation hero Charles Lindbergh, is kidnapped from the family's new mansion in New Jersey. The baby's body was found a mile from the home. One of the \$70,000 ransom bills was discovered and tracked to a German immigrant. He was tried, convicted and electrocuted in 1936.

• On March 4, 1944, Louis "Lepke" Buchalter, the head of Murder, Inc., is executed at Sing Sing Prison in New York. Lepke's downfall came when several members of his notorious killing squad turned into witnesses for the government.

• On Feb. 28, 1953, Cambridge University scientists James Watson and Francis Crick announce that they have determined the double-helix structure of DNA, the molecule containing human genes. The molecular biologists were aided significantly by the work of another researcher, Rosalind Franklin, although she did not share the subsequent Nobel Prize.

• On March 5, 1963, the Hula Hoop, a hip-swiveling toy that became a huge fad across America when it was first marketed by Wham-O in 1958, is patented. An estimated 25 million Hula Hoops were sold in its first four months of production.

• On March 2, 1978, two men steal the corpse of the film actor Charles Chaplin from a cemetery in Switzerland. Chaplin's wife refused to pay the \$600,000 ransom and police later arrested two auto mechanics who were convicted of grave robbing and attempted extortion.

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Dahlia tubers can go directly into the ground in the spring when there is little chance of frost, but they can also be planted as late as mid-June in most parts of the country. They require good drainage and partial to full sun. Put one tuber in each hole, several inches deep, with the "eye" facing up. The tubers should be separated by about 2 feet to give each plant room to grow. Install one stake for each tuber as you plant it. - Brenda Weaver

Planting dahlias

Source: www.dahlia.org

Legislature Approves 'Nero's Law'

The House and Senate last week passed An Act allowing humane transportation of K9 partners, also known as Nero's Law, which would ensure law enforcement officers' K-9 partners receive life-saving medical attention and transport if injured in the line of duty.

The bill was filed in response to the tragic events that took the life of New Bedford-native and Yarmouth Police K-9 Sergeant

Sean Gannon and severely injured his K-9 partner, Nero.

"Whether we are talking about the injury of K-9 Nero in Yarmouth or the death of K-9 Kitt in Braintree, recent tragedies within our law enforcement community have demonstrated the serious need for increased protection of K-9 officers," said Sen. John Keenan (D-Quincy). "The passage of Nero's Law affords these officers the respect and support they deserve, while also helping

prevent future loss of life."

In April 2018, Sergeant Gannon was shot and killed while serving a warrant in the Town of Barnstable. Despite the multiple empty ambulances on site, K-9 Nero, who had been shot and severely injured, had to be rushed to a nearby animal hospital in the back of a police cruiser.

Current Massachusetts law prohibits emergency medical personnel from treating and transporting animals.

Nero's Law would authorize emergency medical service personnel to provide emergency treatment and transport of K-9 partners. This includes basic first aid, CPR, and administering life-saving interventions such as naloxone.

The bill had initially passed in the Senate back in November, and in the House of Representatives last week.

Nero's Law advanced to the governor's desk for consideration.

State Police, Dept. Of Correction, DAs Create Playing Card Deck To Seek Information On Unresolved Crimes

The Massachusetts State Police (MSP), in partnership with the Massachusetts Department of Correction and District Attorney's Offices, have created a deck of cards featuring victims of unresolved homicides and missing persons. Each card in the deck, which seeks to generate leads to assist investigators in solving the crimes, features a photo of and information about a victim.

The State Police Unresolved Cases Unit spearheaded the playing cards project. Each participating District Attorney's Office - which house State Police detective units that investigate homicides and other serious crimes in conjunction with local police in their county of jurisdiction - chose the victims on the cards. The Department of Correction, which funded the playing card decks, is distributing them to state prison inmates in the hope they may have and share information about the crimes.

Additionally, State Police created and posted on their

social media pages a video featuring the Department's Superintendent, Colonel Christopher Mason, and a slideshow containing front and back images of each card; the MSP asks members of the public to view the video and slideshow with the hope that they, too, might be motivated to share any information they have.

"The victims in this deck were someone's mother, father, sister, brother, wife, husband, child, or partner," Colonel Christopher Mason said. "Much time may have passed since the crime that took them from their loved ones, but they, and the victims of all our unresolved cases, are not forgotten. Our detectives and forensic specialists across the state work daily to solve cases like these. Often, after years of dedicated work by investigators, we find that we just need a little more information to solve the case. The people who loved, and were loved by, these victims have waited too long for justice. Help us end that wait."

Each deck contains 52

playing cards in the four traditional suits. Each card's front side contains the photograph, name, and relevant facts concerning an unresolved homicide or missing person. The reverse side of the card displays tip line information and a mailing address. An automated Unresolved Case Tip Line is in place.

The Unresolved Cases Playing Cards represent the first-time cards have been used in Massachusetts as a medium to solicit information about unsolved crimes. The idea for the project was championed by former MSP Colonel Kerry Gilpin, whose own history as a survivor of a homicide victim gave hope to many other survivors. The State Police Unresolved Cases Unit is hoping to create subsequent editions of the playing card decks in future years to feature additional victims.

Playing cards have an interesting history of informational uses. In the Second World War, the U.S. military distributed playing card decks featuring silhou-

ettes of aircraft to help soldiers distinguish between enemy and Allied planes, as well as cards with hidden maps of escape routes that could help POWs. In 2003, playing cards showing Saddam Hussein's regime members were handed out to US troops during the Iraq war. Inspired by these cards' success, in 2005, law enforcement agencies in Polk County, Fla., were the first to distribute unresolved case cards in jails. In less than three months after the Polk County launch, the cards generated more than 60 tips generated and four cases were solved and the offenders convicted.

Today, several other states and countries are utilizing playing cards as a means to seek leads on unresolved cases.

To submit information regarding these unresolved cases, call toll free 1-855-MA-SOLVE, email mspunresolved@pol.state.ma.us, or send a letter to the Unresolved Cases Unit at 470 Worcester Rd., Framingham MA 01702.

Joint Committee On Consumer Protection And Professional Licensure Advances Key Legislation Reforms to Gyms And Health Clubs; Bills Aimed At Fair Housing In The Rental Market, Automobile Warranties, Home Improvement Contractors

The Joint Committee on Consumer Protection and Professional Licensure, chaired by state Rep. Tackey Chan (D-Quincy) and state Sen. Susan Moran (D-Plymouth & Barnstable), advanced several pieces of legislation during a public executive session leading up to the Legislature's bill reporting deadline.

Legislators say collectively the bills serve to strengthen consumer protections for Massachusetts residents across several different sectors and include reforms to gym and health club membership, legislation to curb discrimination in the rental housing market, updates to home improvement contractor registration,

and added safeguards for used automobile purchases. Additional legislation advanced out of committee included matters relative to streamlining licensure and contracting opportunities, out-of-state IDs for alcohol purchasing, and domestic violence awareness education for certain licensed professionals.

"I want to thank my co-chair, Susan Moran, the members of the committee, and our staff for their hard work during the pandemic," said House Chair Chan said. "Through organizing virtual public hearings and executive sessions, managing public testimony, coordinating committee briefings, and filing committee reports

in a timely and professional manner, our committee has shown its commitment to the legislative process. While there are more public hearings ahead in 2022 on 'late file bills,' the process of reviewing and reporting over 320 bills was no easy task. The breadth of policy topics that this committee oversees is wide and varied and I am proud of everyone's diligent contribution."

To date this session, the committee has held 19 public hearings including 6 public executive sessions, reviewing a total of 325 bills. In a move to promote further transparency and encourage public participation, each public hearing and executive session was

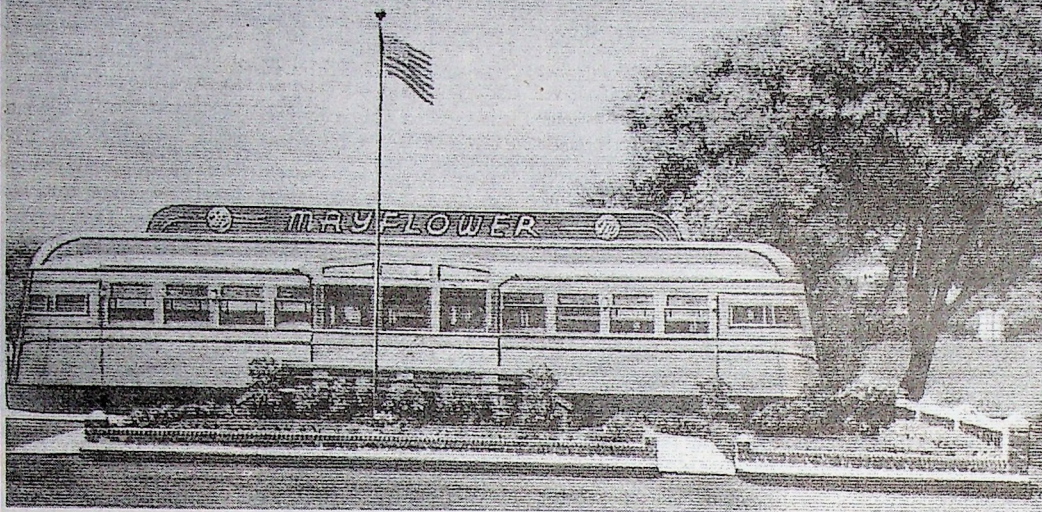
livestreamed and recorded. Recordings are accessible on the General Court's website. In addition, the committee held live-broadcast round table discussions in Plymouth and Ludlow to meet directly with local restaurants and business associations about their experiences with outdoor dining during the COVID-19 pandemic. The committee will continue to hold discussions with state and local partners as it reviews and investigates long-term reforms to outdoor dining.

"I am proud of the work the Committee has done so far, and I'm even prouder that we've done the work in a way that shows the

Cont'd On Page 6

Scenes From Yesterday

MAYFLOWER DINER ON ROUTE 3, 473 SOUTHERN ARTERY, QUINCY, MASSACHUSETTS



THIS IS a rare 1940s postcard view of the original Mayflower Diner that was on Southern Artery across from the Quincy Police Station. Peter Calimeris, who owned the diner, published the postcard and had a stack of them for customers at the checkout counter. This classic Pullman style diner was painted light pastel

blue. Around 1950, Calimeris replaced it with a larger modern air-conditioned stainless steel diner that for many years remained a Quincy landmark and meeting place. Today, this site, sandwiched between a car wash and a meat market, is home to a McDonald's.

From the Tom Galvin Postcard Collection

OP ED

What Does Endemic Mean For School Policy?

By PETER BLANDINO

On Jan. 18th, Quincy Public Schools Superintendent, Kevin Mulvey, stated, "it seems like we're transitioning from the pandemic approach to the endemic approach." QPS subsequently halted contact tracing and halved isolation periods for infected students, teachers, and staff. On Feb. 9th Governor Charlie Baker announced that the statewide mask mandate for schools will expire on Feb. 28th, citing the "extremely low risk" faced by children. Neither explained what is meant by "endemic" or "extremely low risk." But for people navigating the harsh realities of life amid a public health crisis, the meaning of words is of vital importance.

What does endemic mean, and what might it look like? For children in particular, can we envision a time when COVID could be safe? Children more often than adults experience asymptomatic or mild cases, but despite Baker's assurances, they can be hospitalized, suffer chronic health problems, and die from COVID. Vaguely expressed ideas and the policies that follow, therefore, warrant more than a little circumspection.

Endemic diseases are geographically local and numerically stable. They do not break free from a particular country or region, nor do they run through unforeseen patterns of infections and deaths. We have not reached endemicity yet, and so Mulvey's comments can only refer to the near future. But should we expect to get there, and if so, would endemicity promise the "return to normalcy" that so many crave? As the song says, "it ain't necessarily so." Endemicity depends on the evolutionary pathways taken by the virus, individual behavior, and public policy, all of which are interrelated in ways sufficiently complex to confound prognostication.

Even if we grant near term endemicity, would that be acceptable? Take the case of tuberculosis. Until the 20th century TB was a leading cause of death in Europe and North America. Today the disease is endemic to certain regions outside the Global North. But despite being contained and stable in terms of transmission, it still kills 1.5 million people every year, the deadliest infectious disease in the world before COVID. Is this the endemic approach Mulvey envisions?

Mulvey and Baker have grounded the relaxation of public health measures on undefined principles. Where the public requires clarity to make difficult choices, they offer mist-enveloped chimeras. As a counterweight, it will be helpful to survey some of the emerging science on potential long-term effects of COVID so as to better manage risk.

Long COVID (LC) has emerged as a troubling sequel to the acute stage of the disease. Testimonials tell us that it ruins lives. While researchers continue to study its prevalence in society, a broad review of literature by epidemiologist and statistician, Deepti Gurdasani, concludes that 11.3-15.6% of

children experience persistent brain fog and low-mood following COVID. In the time between Mulvey's comments and Baker's announcement, more than 17,300 children have contracted COVID in Massachusetts. Some 2,260 of them will suffer from LC.

To understand how COVID affects cognition and emotion, it helps to note its pathway to the brain. The virus passes into the upper respiratory tracts, i.e. the nose and mouth. From there it infects mucus in the nasal cavity. Neurons in the olfactory bulb in the brain thread their way down through the cribriform plate, a small sieve-like bone at the roof of the nasal cavity, thus forming a trail leading from the upper respiratory system into the brain.

This explains why loss of smell and taste often anticipates symptoms affecting the throat and lungs. It also explains the cognitive and emotional impairment associated with LC. The olfactory bulb touches other areas of the brain associated with memory and emotion, particularly the hippocampus. This proximity gives tastes and smells their peculiar ability to rouse poignant chains of memories and feelings.

The UK Biobank study concluded that COVID has a "significant deleterious impact" on the brain. Images showed a significant loss of gray matter, which contains most of the brain's neurons and is involved in perception, memory, emotion, and speech. Significantly, similar damage was observed in mild cases and in subjects who survived more serious cases.

Another study observed long term effects on the brains of macaques, our nearest related primates used for such experimentation. It found the kind of chronic inflammation in the brain that has been linked to neurodegenerative conditions. More alarming still, the study found the presence of Lewy bodies, the misfolded proteins whose accumulation in the brain is linked to Parkinson's disease and other forms of dementia.

To quickly summarize a few more warning signs, COVID can result in the loss of myelin in the brain. Myelin is the coating that envelopes neurons and increases conductivity of electrical impulses. It also impairs the capacity of the hippocampus to regenerate neurons and stave off memory loss as we age. Finally, one study found accumulation of amyloid plaques. These clumps of misfolded proteins disrupt and kill neurons, leading to cognitive impairment. It is a hallmark of Alzheimer's disease.

Such phrases as "extremely low risk" and "endemic approach" obscure more than they explain. By allowing COVID to spread freely throughout our communities, it is possible that we are damning future generations to early onset dementia, with all the social and personal tragedies that would entail.

Peter Blandino is a resident of Quincy.

Quincy's Yesterdays

This Week
1974
48 Years Ago

Plans For A Commission On Status Of Women

Mayor Walter J. Hannon announced plans to establish a Commission on the Status of Women. Hannon said the purpose of this commission would be to advise the administration and the City Council on how to best combat sex discrimination in any area affecting employment, schools, child care and other related areas.

The commission, consisting of women working toward these aims, is subject to City Council approval.

Hannon requested those women's organizations and any individuals of the city participate in the implementation of this commission by submitting to him the name and resume of Quincy women interested in serving on the commission.

25% OF DOG OWNERS THE PROBLEM, SAYS DOG OFFICER BERLUCCHI

In a report to the city's dog officer, Frank Berlucchi, says the 25% of dog owners who do not live up to their responsibilities make his job a difficult one.

In 1973, Berlucchi picked up over 970 dogs on the streets of Quincy. Only 150 were claimed by their owners and while a few found new homes, 738 dogs were disposed of. The Quincy dog pound also noted that Quincy has had a leash law since 1966. The law also states that all dogs must be licensed and inoculated.

QUINCYISMS

The Quincy Sun's Sunbeams column reported that James P. Papile, a resident of Harkins Street, Quincy Point, would be a candidate for state representative in the Quincy Point/South Quincy district... The Sunbeams column also reported that Atty. Richard W. Barry, a former city councillor and asst. district attorney, would be Quincy coordinator for former Lt. Gov. Frank Bellotti's bid for Attorney General. (Editor's note: Frank Bellotti won the AG's position and went on to serve three four-year terms in the office)... Joseph Gildea was chairman of the Montclair Men's Club's 24th annual Awards Night. The club honored NE Patriots' player Mack Herron and former WHDH sportscaster Leo Egan... Mayor Walter Hannon proclaimed Feb. 1974 as "Heart Fund Month" and urged all residents to support the 1974 campaign... Joann Walsh, age 12, the daughter of Mr. and Mrs. Joseph Walsh, Payne Street, South Quincy, won the first prize of \$25 for designing the best cover for the program booklet "Centennial Capers" presented by St. John's Church... The Quincy Council Knights of Columbus were planning an Irish Night for March 9 at the Fore River Clubhouse. Co-chairmen of the event were Grand Knight Nicholas Christiani, Malachy Greaver and Paul Grant... Warren Watson, director of the Thomas Crane Public Library, received the book "Two Forts to Destiny." The book, the story of the settlements of Plymouth in 1620 and Weymouth in 1622, were presented to Mr. Watson by George Thompson, president of the Weymouth Savings Bank... Kimberley's, 751 Quincy Shore Dr., at Wollaston Beach, was advertising a dinner special of a "20 oz. Sirloin Steak Dinner for \$7.95"... The Quincy Schools menu for Monday, Feb. 25 included a baked pork link sausage, applesauce, gravy, mashed potatoes, string beans, dinner roll and milk... Almquist Flowerland, Franklin St., South Quincy, was advertising a "Sunday Special, Colorful Wax Begonias for 59 cents"... Kevin K. Egan, Quincy, was named to the Dean's List for the fall 1973 semester at the University of Maine at Orono... John Kennedy, son of Mr. and Mrs. Christopher Kennedy of North Quincy, enrolled as a freshman at Northeastern University. (Editor's note: John's father, Christopher Kennedy, served on the School Committee from 1975 to 1989)... Officer John Brassil, of North Quincy, graduated from the Massachusetts Correctional Officers Training Academy at the University of Massachusetts. Officer Brassil is employed by Suffolk County Sheriff's Department... Mrs. Lydia Sisson, Beach St., Wollaston, observed her 90th birthday at a family party at her home. Mrs. Sisson was born on Washington's Birthday in 1884... John A. Andrews, son of Mr. and Mrs. John Andrews, 63 Bay St., Squantum, and Donald Bernstein, son of Mr. and Mrs. Morton Bernstein, 28 Perry Rd., Wollaston, were named to the Dean's List for the fall semester at Nason College, Springvale, ME... The acapella choir of Eastern Nazarene College appeared in concert at the United First Parish Church, Quincy Center. Greg Larkin, associate professor of Music, directed the 46-voice choir, which will be on tour during the spring semester.

Tatiana Rhinevault's Paintings On Display At MPL During March

By JEAN HADLY
Milton Public Library

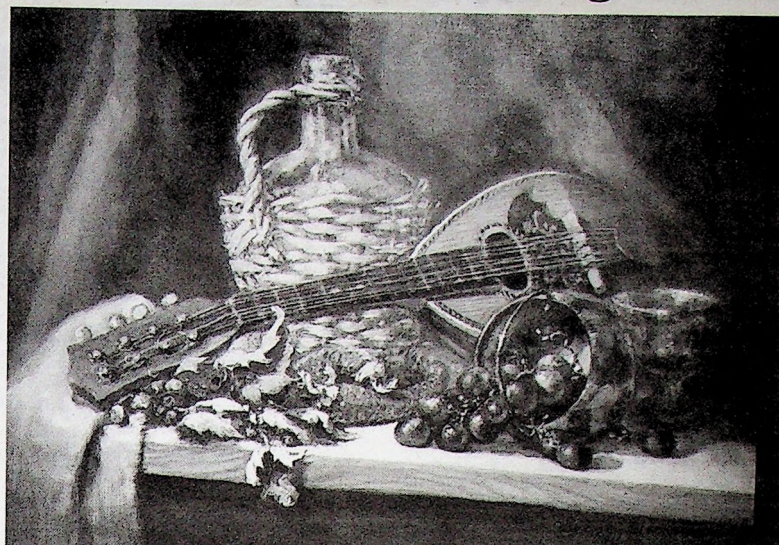
New York painter Tatiana Rhinevault will display her artwork in the Wotiz Gallery of the Milton Public Library during the month of March.

The artist was born in Moscow and spent much of her childhood playing in Sokolniki Park, watching artists paint day-in and day-out. Because of her exposure to Moscow's many museums, theaters, and art studios, the arts played a huge role in her childhood and, ultimately, in her paintings. Her elder brother, a musician, instilled in Tatiana a love for American jazz, and many of her friends were musicians who played classical Renaissance compositions.

Rhinevault learned to play the cello and has always made music a strong presence in her work. At 17, she found her first job as a makeup artist in the famous Vahtangov Theater in Moscow. Although she traveled extensively throughout Russia with the theater group, the exciting lifestyle that Tatiana was leading was at odds with her desire to attain her artistic dreams. In order to refocus on her passion for painting, she competed for, and won, one of the few available spots as a student at the Moscow Institute.

After earning her Masters Degree in Art, Rhinevault found work restoring icons in Moscow's churches, and, often, painted new ones. She visited and painted in many countries throughout Europe.

Rhinevault's love of all of the Renaissance Arts is reflected in her work. Most of her paintings include a musical instrument or score, paintbrushes or palette or literature of some kind. More specifically, she often includes paintings within her paintings. The artist works in several mediums



NEW YORK PAINTER Tatiana Rhinevault (left) will display her artwork in the Wotiz Gallery of the Milton Public Library during the month of March. At right is one of her paintings entitled "Italian Mandolin." Photos Courtesy Milton Public Library

which include watercolor, acrylic, and oil. She utilizes rich dark colors in combination with diffused window light to create a calming but magnetic space. She creates windows through which one can see the old streets and monuments of Europe. In 1990 she met her husband while working on The English Map of Moscow for the U.S. Embassy. She moved with him to the United States and they live in Hyde Park, NY with their son, Peter Vermeer Rhinevault.

We hope you will come and view these beautiful paintings in our gallery during March. For more information, Email jhlady@ocln.org or call the Reference Dept. at (617) 898-4964. She can also help you with the exhibit application process if you are interested in displaying your artwork at the library. The Milton Public Library is located at 476 Canton Ave., Milton.

Laura Alpert New Chief Advancement Officer MAB Community Services

MAB Community Services (MAB) announces the appointment of Laura Alpert as chief advancement officer.

Alpert, a resident of Quincy, has 25 years of experience in development, marketing, and communications for hospitals and

nonprofit organizations, including Massachusetts General Hospital, The Dimock Center, Pine Street Inn, and United Way of the Greater

Capital Region in Albany New York. She most recently served as the vice president of Philanthropy at Boston Arts Academy Foun-

dation.

Alpert joined MAB's senior leadership team Feb. 14. She will lead a six-member Advancement and Communications team that increases awareness of MAB's mission, and impact, builds relationships, and secures support from private individual and institutional donors. The Advancement department also supports "Team With A Vision," an international team of visually impaired runners, sighted guides, and volunteers who raise funds for MAB's statewide vision rehabilitation services.

"We are thrilled to have Laura join our team," said Barbara Salisbury, chief executive officer of MAB Community Services. "MAB works with people with disabilities, helping them to have a full and satisfying life, to be in the driver's seat of their own life. We're always looking at how we can be more effective and what we can do to make a real difference in the lives of the people we serve. We're looking forward to Laura building on our past fundraising successes to help us get the resources to take those next steps to address those gaps. Her extensive experience in development and communications will bring a fresh perspective and professional leadership to help us get to where we want to be."

More information can be found at malegislatre.gov.

The bills reported favorably by the Joint Committee on Consumer Protection and Professional Licensure will now be assigned for further committee review in either the House or the Senate.



LAURA ALPERT

also clearly believes and invests in our staff and participants. I'm very honored to join this great team."

After graduating from the Epstein Hillel School in Marblehead, then called Cohen Hillel Academy; and from Swampscott High School; Alpert earned a bachelor's degree in sociology from Brandeis University and a master's degree in nonprofit management from The Heller School at Brandeis University. She has served on numerous Boards of Directors, currently volunteers with The Trustees of Reservations, and will soon join Boston Arts Academy Foundation's Advisory Council.

Alpert enjoys traveling, reading, playing piano, singing, playing tennis, and spending time with her Boston Terrier, Daisy.

MAB Community Services specializes in individualized rehabilitation, and family-focused strategies that help individuals with a range of disabilities live full lives in the community. The organization's three distinct divisions are the Ivy Street School, MAB Adult Disability Services, and Massachusetts Association for the Blind and Visually Impaired.

Joint Committee On Consumer Protection

And Professional Licensure Advances Key Legislation Reforms to Gyms And Health Clubs; Bills Aimed At Fair Housing In The Rental Market, Automobile Warranties, Home Improvement Contractors

Cont'd From Page 4

public the legislative process," said Senate Chair Moran. "We've engaged deeply with legislation that will protect consumers and is responsive to vulnerabilities exposed over the last year. Together, the Committee produced policies that protect consumers in their daily lives whether in their homes, at the gym, or in their cars. We've got more work to do, especially when it comes to things like supporting expanded outdoor dining in many of our cities and towns, and I have no doubt Co-Chair Chan and I will get it done with the support of our colleagues in the House and Senate."

Some of the bills advanced by the committee include:

Gym and Health Club Reform. This omnibus re-draft legislation is in response to the recent case

Commonwealth of Massachusetts v. Town Sports International which alleges that defendant Town Sports International, owner and operator of at least 31 Boston Sports Clubs locations in Massachusetts, failed to honor consumers' cancellation requests after gyms and health clubs closed their locations and remained closed for approximately four months during the COVID-19 pandemic. Reforms to the Massachusetts Health Club Act would provide both additional protections for members and stronger obligations on gyms and health clubs, including: additional methods of cancellation to members; mandating an automatic contract freeze or termination if a facility closes; requiring health clubs to register each location with the Office of Consumer Affairs and Business Regulation; and expanding bond obligations

on gyms and health clubs per location. Fair Housing in the Rental Market. Following reports of instances of discrimination based on race and the use of housing vouchers in the rental housing market, this bill creates reforms to reduce housing discrimination by: (1) creating within the executive office of housing and economic development a commission to review and make recommendation on policies and practices concerning housing discrimination; (2) increasing transparency in referrals for license suspensions; and (3) expanding the board of registration of real estate brokers by adding another licensee and an expert on housing discrimination and civil rights or a tenant receiving public housing assistance, and (4) requiring fair housing training for real estate broker and salesperson licensing. Home Improvement Contractor Registration. Requires home improvement contractor applicants to disclose any previous judgments or awards against them, or revocation or suspensions in other states to be published on Office of Consumer Affairs and Business Regulation registry. The committee is actively working in further collaboration with OCABR

in response to recent news reports of certain bad actors operating in the home improvement space.

Protections for Used Auto Buyers. The impacts of purchasing a defective or unsafe car can have a devastating effect on consumers and their families. If or when a car does not function as it was supposed to, consumers often face significant costs to repair the car, and are left to find alternate transportation for work, school and other transportation needs. Amendments to the used vehicle warranty law that would extend the time for used car buyers to return a car if it fails inspection after purchase, extend the used vehicle warranty coverage to a higher mileage, and increase the amount auto dealerships are required to maintain a surety bond to expand claims coverage, and permits consumers who lease vehicles the right to notice and an opportunity to cure a default before the vehicle is repossessed.

More information can be found at malegislatre.gov.

The bills reported favorably by the Joint Committee on Consumer Protection and Professional Licensure will now be assigned for further committee review in either the House or the Senate.

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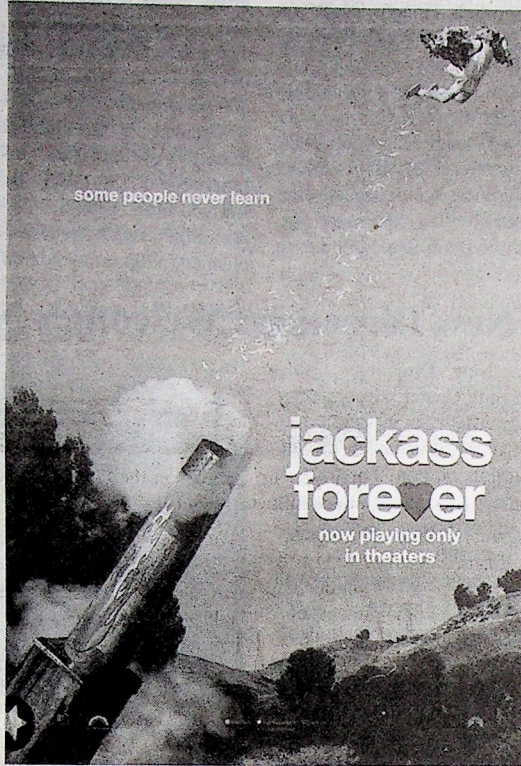
Movie Review: 'Jackass Forever'

By **BOB GARVER**

With an 85% on Rotten Tomatoes, "Jackass Forever" is more beloved than some of the movies that will soon be vying for Best Picture at the Oscars. What's so special about this movie? It certainly isn't that Johnny Knoxville and his crew are doing anything different with the "Jackass" template; the movie is a collection of stupid stunts as always, and there's no story to tie them together like with Knoxville's "Bad Grandpa" or "Action Point."

Could it be that the world desperately need some hearty laughs after the last two years? That could certainly be a factor. Heck, I desperately needed some laughs after the last two weeks, as I did not have fun at "Redeeming Love" and that pathetic mermaid movie. But I think that fans and critics alike are just so impressed that "Jackass" has been going for over 20 years. No longer can these guys be accused of debasing themselves for a fleeting taste of fame. They are engaging in a full-blown way of life, and they're tasting... I think a taser is the most publication-friendly thing that comes in contact with a human tongue in this movie.

To be sure, these guys still do not practice socially-acceptable ways of garnering attention. They do dangerous stunts, allow themselves to get bitten and stung by all manner of animal, and pull sick pranks on one another. New to this installment is a form of psychological torture, where participants are placed in a room with a venomous snake and then the lights are turned out. The poor marks have to find their way to the door, occasionally whacking their heads on low-hanging frying pans, getting their fingers caught in mouse-traps, and encountering a rubber snake thought to be the venomous one. It's actually one of the least-dangerous episodes in the movie, unless you count the high likelihood of a heart attack.



It should be noted that many scenes in this movie involve the area... below the belt. The guys never miss an opportunity to hit one another below the belt, or at least show off the area below the belt. An early special-effects driven scene features a monster that looks suspiciously like the area below the belt. It is not unusual for movies buffs to jokingly compare kaiju to the area below the belt, but in this case they'd be absolutely right.

A particularly wince-inducing sequence involves a person's full body weight plus an additional object with a highly-concentrated point of contact being driven into the area below the belt on one of these saps. I have to say something about this movie that I don't think I've ever had to say about a movie before, but it reaches a point of diminishing returns on the below-the-belt shots. Dare I say I was even bored with the constant below-the-belt trauma by the

end of this slightly-overlong spectacle.

Obviously, this geek-show stuff isn't for everybody. I don't blame you one bit if your idea of fun doesn't include finding out what happens when the guys drink pitchers of brightly-colored milk and then get on a high-speed carousel (spoiler alert: it's exactly what you think). But those in the target audience will appreciate the camaraderie and commitment of the "Jackass" crew.

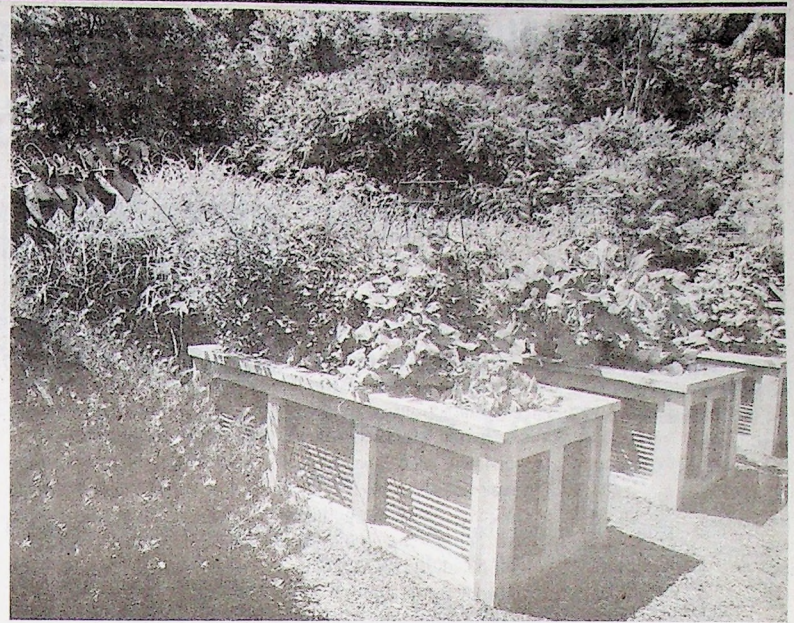
It's oddly comforting to know that you can still come to these guys for a certain brand of craziness – or at least as comforting as watching multiple bungee wedgies can be.

Grade: B-
"Jackass Forever" is rated R for strong crude material and dangerous stunts, graphic nudity and language throughout. Its running time is 96 minutes.

Contact Bob Garver at rrg251@nyu.edu.

More Quincy news:

The Quincy Sun.com



RAISED BEDS PROVIDE gardeners the opportunity to overcome poor soil, resulting in more productive gardens.
Photo courtesy of MelindaMyers.com

Raised Bed Gardening Provides Easy Access, Increased Productivity

By **MELINDA MYERS**

Raise your garden to new heights for easier access and greater productivity. Raised beds allow you to overcome poor soil by creating the ideal growing mix. They also make gardening more comfortable thanks to less bending and kneeling.

Whether you purchase a kit or build your own, there are a few things to consider when creating a raised bed garden.

Locate the garden in a sunny area if possible. Most plants require at least six hours of sun, and vegetables like tomatoes, peppers and melons produce best with a full day of sunlight.

Select a long-lasting material such as interlocking block, fieldstone, plastic lumber or naturally long-lasting wood like cedar. The material selected will influence the shape and size of your garden. Some materials allow for curved beds while others are limited to squares, rectangles, and other angular shapes.

Design your raised bed to fit your space and your needs. A three- or four-foot width makes it easy to reach all parts of the garden for planting, weeding, and harvesting. Raising your planting bed at least eight to twelve inches improves drainage and provides an adequate space for most plants to root and grow. If you want to minimize bending, go higher. Add benches to increase your gardening comfort and ease.

Roughen or loosen the existing soil surface if your bed is built on compact,

slow-draining soil. This will allow water to readily move from the raised bed into the soil below. Cover the bottom of the bed with newspaper or cardboard, if needed, to suffocate existing weeds and grass.

Line the bottom of your raised bed with hardware cloth to reduce the risk of animals burrowing into your garden. Lay the hardware cloth over the ground and bend it up along the inside of the raised bed walls.

Fill the bed with a quality growing mix that is well drained but also able to retain moisture and nutrients. This may be a mixture of quality topsoil and compost, a high-quality potting mix, or a planting mix designed specifically for raised bed gardens.

Grow any plants that you normally would grow in ground. Just make sure the plants are suited to the growing conditions – sunlight, heat, and wind – in your area. Since the soil mix and drainage is ideal in a raised garden, you will be able to grow more plants per square foot. Just be sure to leave sufficient room for plants to reach their mature size.

Keep your plants healthy and productive with proper watering. This is critical for growing any garden, but even more crucial in a fast draining raised bed. The simple act of raising the garden height increases drainage, and a raised bed filled with planting mix means more frequent watering. Consider using drip irrigation or soaker hoses for

watering ease. Always water thoroughly when the top inch of soil is dry.

Add some mulch to help reduce watering and the need for other garden maintenance. Spread a layer of evergreen needles, pine straw, shredded leaves, or other organic matter over the soil surface. This helps conserve moisture, suppresses weeds and adds nutrients and organic matter to the soil as it decomposes. You'll spend less time watering and weeding throughout the season.

Add an organic fertilizer at planting if your planting mix does not already contain one. Apply again mid-season if the plants need a nutrient boost. Always follow the label directions on the fertilizer container.

The time and effort invested in creating raised beds will be returned many times over with years of healthy and productive gardens.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program.

Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.melindamyers.com.

Emma Lynne McGillicuddy On Sacred Heart Dean's List

Emma Lynne McGillicuddy has been named to the Dean's List at Sacred Heart University in Fairfield, CT for the fall se-

mester. McGillicuddy is a member of the Class of 2023 and graduated Quincy High School Class of 2019.

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Three Quincy Students On Bryant Dean's List

Three students from Quincy have been named to the Dean's List for the fall semester at Bryant University in Smithfield, R.I. They are: Patrik Gjoka, Class of 2025; Mark Anastasi, Class of 2022; and Carmen Cheung, Class of 2022.

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Two Crusted Pizza

By MARIE

Who doesn't love pizza?

So how about a two crusted pizza! Just imagine a top and bottom crispy crust instead of just one crust.

I found this recipe recently and tried it. The result was so wonderful that I couldn't wait to share it with all of you.

The ingredients are a bit different than the usual ingredients found in pizza as you will see as you read this recipe.

Recipe:

- 1 pound of pizza dough
- ½ pound sweet Italian sausage
- ½ cup chopped onion
- 1 cup of shredded mozzarella cheese (about 4 ounces)
- 1 cup of ricotta cheese
- ½ cup grated Romano cheese
- ½ cup chopped salami
- 2 tablespoons of fine dried bread crumbs

crumbs

Divide pizza dough into two pieces and set aside.

Cut up and cook sausage and onion until sausage and onion are browned and onion is tender, set aside.

Combine the cheese and stir in the sausage and salami.

Roll out and transfer one circle of dough on to a greased 12- inch pizza pan or baking sheet, sprinkle with half of the bread crumbs, spread sausage mixture over the dough and sprinkle with remaining bread-crumbs.

Moisten the edge of the dough with a little water and top with the second circle of dough.

Crimp edge to seal.

Prick top in several places.

Bake in 375 degree oven for 40 to 50 minutes.

Let cool before serving.

Spiced Salmon Citrus Olive Salad

By SUZIE

Salmon is high in Vitamin D, a nutrient that helps to boost the immune system, as well as vitamin B12, selenium, niacin, omega-3 fatty acids, protein, phosphorus and vitamin B6. It is also a good source of choline, pantothenic acid, biotin and potassium.

The skin is important to leave on (and cook crisp!) because many of the omega 3s are contained there thanks to the plankton it consumes in the wild. Wild salmon only! Avoid farm raised. It is loaded with antibiotics and dyes.

Here is a recipe that was adapted from the OPRAH magazine for a Spiced Salmon Citrus Olive Salad.

- 1 1/2 tsp cumin
- 1 1/2 tsp fennel
- 1 1/2 tsp black pepper
- 1/2 tsp garlic powder
- About 1 1/2 tsp sea salt
- 3 large naval oranges, peeled and separated
- 1 lime, peeled and pith removed
- 1/4 cup thinly sliced red onion
- About 10 kalamata olives, sliced

About 3 tablespoons EVOO (extra virgin olive oil)

2 tsp raw honey

1-2 tsp apple cider vinegar (according to taste)

8 (3 ounce) center cut salmon fillets

In a small bowl, mix cumin, fennel, pepper, garlic powder, and half a teaspoon salt. Set aside.

In a large bowl, cut oranges to release sections and place into a large bowl, and repeat with lime.

Add in the onion, olives, honey, vinegar, another 1/2 teaspoon of the salt, and 2 tablespoons of the oil.

In a large skillet, heat the rest of oil on med high heat and season the salmon with the rub from small bowl, pressing into the fish.

Cook until browned on both sides, not too long.

Lightly break up pieces and place on the salad, which you placed on a platter.

Drizzle with more olive oil if you like and add more salt if needed.

Tuna-Potato Chip Casserole

By MARIE

Through the years my children and grandkids would often put potato chips on their tuna-fish sandwiches for a crunchier taste, so you can imagine my surprise when I found today's recipe for a Tuna-Potato Chip Casserole.

Although it is a bit different than having a sandwich, the casserole with tuna and chips is a great variation. Start by making the cream sauce, recipe below.

TUNA-POTATO CHIP CASSEROLE

- 2 cans of tuna (any kind)
- 2 tablespoons butter
- 1 cup sliced fresh mushrooms
- ½ green pepper, diced
- 1 teaspoon chopped onion
- 1/2 cup sliced stuffed olives

- 1 3- ounce bag potato chips
- 2 cups of white sauce (see recipe below)
- White Sauce
- 2 tablespoons Butter
- 2 tablespoons flour
- 2 cups of milk

Melt butter in skillet, stir in flour and form roux. Slowly add milk, blending until smooth, cook until thickened, set aside.

To put casserole together

Melt butter in skillet.

Sauté mushrooms, pepper and onion over low heat for 5 minutes.

In a greased casserole lightly combine white sauce and all ingredients.

Top with crushed potato chips.

Bake in a 375-degree oven for 30 minutes.

Board OKs Full Liquor License For Marina Bay Market

Cont'd From Page 3

through Houghs Neck on Saturday, June 25. Registration that day begins at 7 a.m. The road race is in its 18th year.

Granted a special-use permit to Interfaith Social Services for its annual Stop the Stigma 5K, road race from the Kennedy Center to

Squantum and back on Saturday, April 7. Registration that day begins at 8:30 a.m. The event, in its 48th year overall, is expected to draw 500 participants.

Granted a special-use permit and extension of premises to Off the Hook Bar and Grill, 1269 Sea St., for a St. Patrick's Day event planned for Saturday, March

19. The event will run from 11:30 a.m. to 11 p.m. that day.

Continued the request of Charles Kwan for a lodging home license for the premises at 110 Billings St. to a future date to be determined. The applicant will first go before the Zoning Board of Appeals.

New Directions Welcomes New Therapists

New Directions Counseling Center, a program of Interfaith Social Services in Quincy, announces the addition of two therapists to their team of mental health and addiction recovery professionals.

Diane Crouse and Donna Williams recently joined New Directions' team. New Directions has been providing compassionate and skilled counseling to families and individuals on the South Shore since 1947. All clinicians are professionally trained, licensed independent clinical social workers, licensed mental health therapists or masters-level clinicians.

Diane Crouse earned her MSW at Bridgewater State University and M.Ed. in Rehabilitation Counseling with the Deaf at Northeastern University. She has more than 30 years of social work experience in a variety of settings, including hospice and bereavement counseling.

Crouse is communicative in ASL and has expertise working with deaf children and their families, and parents of children with other special needs. Her clinical practice has included clients with recovery issues, children of hoarders and survivors of dysfunctional families, as well as those experiencing anxiety, depression, ADHD and low



DIANE CROUSE



DONNA WILLIAMS

self-esteem. She has also worked with and advocated for survivors of the Boston Marathon bombing who experienced trauma, hearing loss and head injuries.

Crouse offers a strength-based approach in a warm, supportive and empathic environment. Her method is collaborative and flexible to assist each individual to achieve their goals and continue on their journey to a healthier and more contented life.

Donna Williams completed her M.Ed. from Cambridge College. With years of experience working with clients going through individual, relationship, and family issues, she has provided therapeutic services to clients as young as 5 years old through adulthood.

Williams uses innovative techniques and approaches towards troubled teens, interpersonal relationship family and partner conflicts,

and professionals struggling with work-life balance. She also works with clients working through addiction and recovery issues.

"During this difficult time, we've seen the need for counseling services multiply," said Interfaith's New Directions Counseling Coordinator Claire Hagan. "Donna and Diane are wonderful additions to the New Direction's team of skilled and compassionate therapists, and allow us to bring mental health services to more individuals."

New Directions Counseling Center provides services in a comfortable and confidential atmosphere. Therapists provide an individualized, dynamic and respectful approach. Most insurance is accepted. A sliding-fee scale is available to those without coverage to accommodate all who need services.

Call 617-773-6203 ext. 12 for more information, or to schedule an appointment. Evening hours and telehealth sessions are available.

Each Spring, Interfaith Social Services hosts the Stop the Stigma 5K, a race in the Squantum neighborhood of North Quincy benefitting the New Directions Counseling Center. Hundreds of runners and walkers raise funds and awareness to support loved ones, challenge stereotypes, encourage acceptance and eliminate stigmas surrounding mental health and addiction. Participants this year can take part in the in-person race on April 30 or run a course of their choice through a virtual option.

There is still time to register or sponsor this event. Visit stopthestigma5k.org for more information.

READERS FORUM

Event To Help Veterans At Morrisette Post March 5

There is never not a good time to help our veterans. We need to be constantly thanking them for their service to America and the freedoms so many of us take for granted.

There is an event coming up in the City of Quincy on Saturday, March 5 from 11:30 a.m. until 2 p.m. at the Morrisette Post 294 in Quincy.

As a thank you to our wounded veterans, the Veterans Voice Network and iPods for Wounded Veterans will be hosting an event presenting a gift bag of assorted electronics to 30 veterans and their families.

Lunch will be served and music by Dave Beckley. For more information and reservations, contact Gregg Brasso at 781-985-1551 or gregbrasso@aol.com. Please reserve by March 3.

In closing to all veterans out there, turn into the Veterans Voice Radio show each Thursdays from 7-8 p.m. on WATD 95.9 and WMEX 1510.

Sal Giarratani
East Boston

Social Security Matters

Do Medicare Part And B Backup My Medicare Advantage Plan?

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: I was told that I can use Medicare Parts A and B as secondary coverage to my Medicare Advantage plan. Is that true? **Signed: Puzzled**

Dear Puzzled: Many do not understand how the various parts of Medicare work, and especially how or if "original Medicare" (Medicare Part A and Part B) interacts with a Medicare Advantage plan. If you now have a Medicare Advantage plan, it is the private insurer who provides your plan that administers all of your healthcare needs, instead of the federal government agency which runs Medicare (that federal agency is called the Centers for Medicare & Medicaid Services, or "CMS").

Although you must pay Medicare Part A and Part B premiums to the federal government to obtain a Medicare Advantage plan, all your healthcare services are handled by the private Medicare Advantage plan provider and not by the government's CMS agency. When you have an Advantage plan, Medicare Parts A and Part B do not act as secondary coverage for your Advantage plan. You don't get healthcare services from both, because when you choose a Medicare Advantage plan you are deselecting CMS as the administrator of your healthcare needs.

Deciding whether to use "original Medicare" to administer your healthcare services or to use a Medicare Advantage plan is always a very personal choice. Medicare Advantage plans cover almost all the medically necessary services that original Medicare covers, although you must generally use "in-network" providers to obtain full coverage. But if you incur healthcare expenses which are not covered by your Medicare Advantage plan, you must pay them yourself - federal Medicare Parts A and Part B are not backup coverage for those uncovered healthcare expenses. So, what you were told is incorrect - Medicare Part A and Part B do not act as secondary coverage to your Medicare Advantage plan.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Thomas McCormack On Providence College Dean's List

Thomas McCormack of Quincy has been named to the Dean's List for the fall semester at Providence College. He is the son of John and Dorothy McCormack of Quincy.

More Quincy news:

The Quincy Sun.com

QC, QPS Celebrate Success Of Early College High School Pathway

High School Seniors Awarded One-Year, Full-Tuition Scholarships

At a symposium celebrating the successful first year of the Early College High School (ECHS) Pathway program - an innovative partnership between Quincy College and Quincy Public Schools - President Dr. Richard DeCristofaro presented each of the 40 high school seniors currently enrolled in the program with a one-year, full-tuition scholarship to Quincy College.

ECHS, a first-of-its-kind program in this region, is designed for the city's high school students who may not actively be considering college. It serves about 150 Quincy High and North Quincy High School students in grades 10 through 12 who tend to be first-generation, from low-income families, are English language learners, and/or have disabilities.

Those enrolled in the program earn college credit by taking a sequence of college courses taught by Quincy Public Schools instructors as a way to provide students the opportunity to experience post-secondary education while still in high school.

ECHS Pathway courses

are aligned with Quincy College courses, and College faculty collaborates with the high school instructors to ensure that the courses are delivered as a college course would be.

"Any opportunity to expose our high school students to the benefits of a college education represents a win for our entire community," said Dr. DeCristofaro. "Thanks to the generous support of the State Street Foundation, ECHS Pathway has brought Quincy College and Quincy Public Schools together to offer participating students a combination of academic and non-academic support, ongoing guidance, and college readiness techniques that are essential to their future success. We look forward to welcoming many of this year's ECHS Pathway seniors as first-year Quincy College students in the fall."

Initial ECHS Pathway funding came in the form of a significant grant from the State Street Foundation, support which includes the cost of all student expenses as well as two new high school guidance counselors and two Quincy College "transition coaches" with

responsibility for program implementation and oversight.

"The State Street Foundation is thrilled to provide the opportunity for so many students to see themselves as college-ready and college-bound," said Joe McGrail, President of the State Street Foundation. "We understand and value the incredible potential of the Early College High School Pathway and the opportunities that it provides to Quincy Public Schools' students."

Granite Telecommunications, HarborOne Bank and the Massachusetts Department of Elementary and Secondary Education have contributed additional financial support to the program.

"I am extremely proud of Quincy's Early College High School Pathway program, which provides our high school students with the incredible opportunity to expand their academic horizons by earning up to 22 Quincy College credits prior to graduating high school," said Kevin Mulvey, JD, Superintendent of Quincy Public Schools. "Special thanks to Quincy College, a lead partner of the Quincy

School-Community Partnership, for providing this educational opportunity."

As part of the collaborative celebration symposium, held at the Boston Marriott Quincy, current ECHS Pathway students participated in a series of grade-specific breakout sessions featuring interactive discussions between students and professional staff; later, ECHS Pathway teachers attended their own separate breakout session focused on evaluating key elements of the program's first year.

Quincy College, a two-year, municipally affiliated community college serving students at campuses in Quincy and Plymouth, is an open access institution that encourages academic achievement and excellence, diversity, economic opportunity, community involvement and lifelong learning.

The college currently offers 37 Associate degree programs, 32 certificate programs and now also offers a bachelor's degree in business management, the only Baccalaureate degree program at a two-year Massachusetts college.

Lung Association Study Shows Adults Who Used E-Cigarettes More Likely To Develop Respiratory Issues Within One Year Of Vaping

A new study funded by the American Lung Association reveals that young adults who used e-cigarettes were more likely to develop respiratory issues within one year of vaping.

The study, titled, "Association of Electronic Cigarette Use with Respiratory Symptom Development among US Young Adults," will be published in the American Journal of Respiratory and Critical Care

Medicine.

In the study, senior author Andrew Stokes, Ph.D., from Boston University School of Public Health found that participants who used e-cigarettes had greater incidence of self-reported respiratory symptoms, such as wheezing, dry cough during sleeping and wheezing during exercise, within 12 months of use. These symptoms were reported regardless of former combustible cigarette use.

"The present study finds a significant prospective association of vaping with subsequent respiratory symptom development in a large, nationally representative cohort of young adults with no previous history of respiratory symptoms," said Dr. Stokes. "This evidence highlights an urgent public health imperative for more robust regulatory standards at all levels of government to stop the youth vaping epidemic in its tracks."

Specifically, the study found that:

Current e-cigarette users had

- 32% greater odds of developing any respiratory symptom and

- 51% greater odds of developing wheezing in the chest.

- Former e-cigarette users had

- 20% greater odds of developing any respiratory symptom and

- 41% greater odds of developing wheezing in the chest.

"This study provides more evidence that e-cigarettes are harmful to the lungs and that the U.S. Food and Drug Administration (FDA) needs to provide stronger public health protections from these products including removing all flavored products from the marketplace," said Albert Rizzo, M.D., Chief Medical Officer for the American Lung Association. "This research adds further evidence that there is no safe e-cigarette and that vaping is harmful to your health."

Additionally, the study reported that tobacco flavored e-cigarette users had 170% greater odds of devel-

oping any respiratory symptom compared to never users.

The Lung Association has called on the FDA to create a standard and define which chemicals should go into the tobacco flavored e-cigarettes. The organization recognizes that all flavors in e-cigarettes are additives and there is no "tobacco" flavor inherent in e-cigarettes.

This article used data from the PATH study (Population Assessment of Tobacco and Health), a longitudinal study tracking changes in tobacco use over time among participants. This article looked at young adults (aged 18-24 years) who were current or former e-cigarette users and had no respiratory disease or symptoms prior to entering the study.

Dr. Stokes is currently funded by the American Lung Association's Public Policy Research Award, a new award empowering scientists to examine public policy issues that impact lung health.



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On Friday, Feb. 4, at approximately 9:45 p.m., Officer Ruggerio was on a service call on Beale Street when he overheard a radio broadcast in which a vehicle struck a pole. It was reported that five (5) occupants fled the vehicle on foot near the 500 block of Adams Street. The suspects were described as black males wearing dark clothing. Multiple units responded to the area.

Officer McBrien arrived first and stated she observed five males running from the vehicle. Officer Ruggerio arrived and observed a gray Toyota Camry, with heavy front end damage, resting on the island at the intersection of Adams Street and Furnace Brook Parkway. The vehicle was running, but it was unoccupied. Officer Ruggerio removed the keys from the ignition and began searching the area. Within minutes, Officer McBrien observed one of the males duck in the backyard of 864 Furnace Brook Pkwy.

Officer Kelley ordered suspect #1 to the ground and placed him into handcuffs without incident. He was immediately placed in the back of the 782 cruiser as units continued searching the area. Minutes later, Sergeant Kelley detained another male, a 16-year-old, in front of 465 Adams St. While officers searched for the suspects, multiple residents in the area were looking out their windows concerned at presence of officers. Also, vehicles traveling eastbound on Furnace Brook Parkway began to slow down to watch the events unfold.

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer

Quincy Police Department

While the rest of the units continued to search the area, Officer Ruggerio learned that the Toyota Camry was reported stolen out of the City of Boston. The vehicle was reported stolen at 8:30 p.m., which was just over an hour before Quincy officers got the call of the motor vehicle crash. Now knowing that the vehicle was stolen, Officer Ruggerio questioned Suspect #1 who was detained in the rear of the cruiser. He denied being in the vehicle.

As units continued to search for the three other suspects, Officer Ruggerio heard a radio transmission from Officer P. Foley that he had three individuals detained further up on Adams Street. Officer Foley relayed to dispatch that he was holding a perimeter at Adams Street & Brae Road when he observed three males matching the description emerge from the rear of 453 Adams St. The three males piled in to an Uber vehicle. Officer McBrien then confirmed they were the same males she saw fleeing the Toyota earlier.

Officer Ruggerio spoke to the initial caller. The reporting party stated he just entered Quincy over the Neponset

Bridge when his vehicle was rear-ended. The suspect vehicle went around his and started traveling southbound down Newport Ave. The caller/victim followed the vehicle which then made a right hand turn on Adams Street. He then saw the vehicle lose control, crash into the island on Furnace Brook, and watched as the 5 occupants ran from the vehicle. The victim was not injured and reported only minor damage to back of his vehicle.

An 18-year-old male from Roslindale was arrested and charged with receiving a stolen motor vehicle, disorderly conduct, and leaving the scene of an accident resulting in property damage. One of the occupants identified him as the driver. It should be noted that while officers were searching for the suspects, multiple residents in the area were looking out their windows concerned at presence of officers. Also, vehicles traveling eastbound on Furnace Brook Parkway began to slow down to watch the events unfold.

A 21-year-old male and 17-year-old male from Boston were arrested and charged with receiving a stolen motor vehicle and disorderly conduct.

Two juveniles, ages 15 and 16, from Boston, were summonsed to Quincy District Court for receiving a stolen motor vehicle and disorderly conduct.

The recovered Toyota Camry was towed and a Motor Vehicle Impoundment and Inventory Form was completed. Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, FEB. 4

BREAKING AND ENTERING/PROGRESS (residence), 11:56 a.m., Burgin Parkway Ext. Arrest made. Male returned, one party under arrest for breaking and entering, possession burglary tools (crowbar, bolt cutter), defacing of property and trespassing.

BREAKING AND ENTERING/PROGRESS (business), 9:21 p.m., Beale Street. Motion front glass detector and front motion detector. Reporting party will attempt keyholders. Business owner arrived on location. 779 Cooper reports that there is a video camera. Report filed. 755 Lt. Det. Guarante responded to the scene.

SATURDAY, FEB. 5

VANDALISM/PROPERTY (white female with knife), 9:34 a.m., Smith Street. Arrest made. Ford Explorer, gray. White female with brown long ponytail, white coat with black pants trying to cut tires. Went to the right, into house next door. Female out in the street with a large kitchen knife screaming. One under arrest malicious damage. Damaged vehicle has cancelled plates. Report to be filed.

SUNDAY, FEB. 6

VANDALISM/PROPERTY (garage), 8:28 a.m., Winter Street. Vehicle was vandalized, caller has video of a man breaking her window. Report to be filed.

LARCENY (medication), 1:43 p.m., Taffrail Road. Wants to report larceny of medication. Reports that mother stole it. Homeless individuals arrested after altercation in Weymouth where suspect banished a BB gun. Weapon taken by Weymouth PD. Incident closed.

VANDALISM/PROPERTY, 2:22 p.m., Winter Street. Someone kicked in her door. No suspect info advised.

LARCENY (items stolen from truck), 3:01 p.m., Chestnut Street. Male in the QPD lobby now. Golf clubs. No suspect information. Taken out of the bed of the truck. Advised to begin the online reporting process. Incident closed.

ASSAULT AND BATTERY (male/female), 3:48 p.m., Fayette Street. Male party is drunk now, no weapons. Male was staying over for a while. Male in the house now. First floor, refusing to leave. Ongoing arguing, has a bag full of alcohol. Put his hands on reporting party five minutes ago in kitchen. Was punched on side of face, has red bruise on face. Complaint to be filed for assault and battery.

LARCENY (two cellphones), 10:12 p.m., Southern Artery. Roommate who was staying with caller was on crystal meth and stole caller's phones and broke oven door. Party also threw a tablet at the store and broke the glass. Party is not a roommate. Reporting party let him stay for a few days. Report to be filed.

MONDAY, FEB. 7

VANDALISM/PROPERTY (to motor vehicle), 12:43 p.m., French Street. Car was towed to Ayers last night because tires were slashed and windows were smashed out. Reporting party is walking to Ayers now to get car. Requesting an officer to report damage. Report to be filed.

VANDALISM/PROPERTY (lobby), 1:31 p.m., Adams Street. Reporting party in the police station lobby looking to report vandalism to his cab that occurred today. Same caller from the disorder/fare evasion from earlier. Report to be filed.

TUESDAY, FEB. 8

LARCENY/MOTOR VEHICLE, 9:39 a.m., Weston

Avenue. Report to be filed.

BREAKING AND ENTERING/PROGRESS (possible son in house), 3:46 p.m., Sharon Road. Son just walked in. No police needed. Reporting party woke from sleeping and was disoriented for a moment. Incident closed. No breaking and entering.

WEDNESDAY, FEB. 9

ARMED ROBBERY (knife shown), 3:11 p.m., 100 Cove Way. Reporting party states window broken on vehicle. It appears someone has broken into the vehicle overnight. Reporting party will meet officer in parking lot. Small crack on windshield, unknown when/where it occurred. Case number provided.

VANDALISM/PROPERTY (dead animals), 5:31 p.m., Hillsboro Street. Reporting party believes someone is placing dead animals around her property due to past incidents. Wants to speak to an officer. Report filed.

LARCENY/MOTOR VEHICLE (stolen), 5:56 p.m., Southern Artery. The motor vehicle was stolen and recovered in Boston. Caller was advised.

Total Calls for Service (Feb. 4 - Feb. 9): 877

Larceny Motor Vehicle: 1000 block Southern Artery, Weston Avenue, Quarry Street

Breaking & Entering Motor Vehicle: Adams Street (2), 400 block Hancock Street, 900 block Hancock Street, Newport Avenue, Willard Street

Breaking & Entering in Progress: Beale Street, Burgin Pkwy Ext

School Board Meeting To Review Mask Mandate

Cont'd From Page 1

be gone," the mayor said during the Feb. 9 meeting of the School Committee.

At the special meeting, the committee also planned to discuss reopening future committee meetings to the public so members of the community can speak at open forum. Currently, residents wishing to be heard at open forum have to submit written comments prior to each meeting. The email address to do so is QSCOpenForum@quincypublicschools.com; the author's full name and address must be included in the email.

In addition, Koch said the committee could vote to ratify a new contract with two of the bargaining units within the Quincy Education Association during the special meeting.

Speaking at a State House press conference ear-

lier on Feb. 9 to announce the end of the state mask mandate within schools, Baker said young people are at very low risk from getting seriously ill from COVID, as are fully vaccinated individuals, and schools now have access to the state's pool testing and at-home testing programs. The governor said it is time to give children a sense of normalcy by lifting the mask mandate.

"Our kids have had to put up with a lot of disruption, a lot of time alone, and have suffered a real learning loss over the last two years - there is no debating those points, no matter where you stand. And, from free and convenient testing to highly effective vaccines and breakthrough treatments, everyone now has the tools and the knowledge to stay safe with respect to COVID," Baker said.

"Given the extremely low risk for young people, the widespread availability and the proven effectiveness of vaccines, and the distribution of accurate test protocols and tests, it is time to give our kids a sense of normalcy and lift the mask mandate on a statewide basis in schools."

Jeffrey Riley, the commissioner of the state's Department of Elementary and Secondary Education added, "removing the mask requirement will make it easier for our students to learn, particularly our young readers and students learning English as a second language."

Individuals will still have the option to wear masks even in districts where there is no mask mandate in place. Baker and Riley both said individual decisions to wear masks should be respected.

"We understand many students will continue to wear masks going forward and we fully support those individual decisions and we would urge everyone in K-12 education to do the same," the governor said. "We want to help schools help kids who make that decision feel comfortable doing so."

Masks will remain mandatory on school buses and other transportation after Feb. 28 in accordance with federal rules, Riley noted at the press conference.

The DESE on Feb. 9 released updated guidance that will come into effect once the mask mandate expires. Masks will need to be worn following the first five days of isolation or quarantine in accordance with state isolation and quarantine guidance.

Further, the guidance

states that individuals who experience COVID-19 symptoms should stay home and obtain testing. If they receive a negative result and their symptoms improve, including remaining fever-free for a 24-hour period without fever-reducing medication, they can return to school but should also wear a mask until their symptoms fully resolve.

The new state guidance also states that "unvaccinated individuals should continue to wear masks in school settings."

Following the release of the new DESE mask guidance that takes effect on Feb. 28, the MIAA announced it would end its mask mandate for school sports starting on the same date.

"Moving forward as we navigate the winter statewide tournament, we will adhere to host school and

venue-specific restrictions," MIAA Executive Director Robert Baldwin wrote in a Feb. 11 memo.

"Member schools will need to communicate with and respect the specific protocols set forth at the local level. Anyone who chooses to wear a mask may continue to do so."

State officials on Feb. 9 noted Massachusetts has one of the highest COVID-19 vaccination rates among young people nationwide; 51 percent of children ages 5 to 11 have received at least one dose of the vaccine, as have 83 percent of children between ages 12 and 15 and 82 percent of individuals between ages 16 and 19. In addition, 52 percent of all individuals who are fully vaccinated in the state have received a booster dose compared to 42 percent of the national population.

MBTA Breaks Ground On New Bus Facility

Cont'd From Page 1

tially paid for with funds the MBTA will receive from the Bipartisan Infrastructure Law approved by Congress in November.

The new bus maintenance building will replace the MBTA's current facility at 954 Hancock St., which has been in use for more than a century and can only accommodate the T's oldest buses.

The new facility is being designed to accommodate an entire fleet of battery-electric buses and have will capacity for 120 such buses once it opens, up from the 86 currently based out of the Hancock Street garage. The new building will be the MBTA's first designed for an all-electric fleet.

"This is a critical component of our modernization program," MBTA General Manager Steve Poflak said Monday. "It is going to replace a 104-year-old garage with a completely modern, state-of-the-art facility that is going to be the first garage in our system to accommodate a fleet of zero-



OFFICIALS BROKE GROUND on the MBTA's new Quincy bus maintenance facility Monday morning. The new facility will be located at the site of the former Lowe's store on Burgin Parkway and is set to open in 2024. It will be able to accommodate an all-electric bus fleet. Among those present for the ceremony were House Speaker Ronald Mariano; US Rep. Stephen Lynch; Lt. Gov. Karyn Polito and Gov. Charlie Baker; MBTA General Manager Steve Poflak; Mayor Thomas Koch; US Sen. Elizabeth Warren; and state Rep. Tackey Chan.

Photo Courtesy Joshua Qualls/Governor's Press Office

emission battery-electric buses. This will be the first, but I promise you it will not be the last."

The fleet of battery-electric buses will, "provide cleaner and more reliable service to not only Quincy but the surrounding communities," Poflak added.

Gov. Charlie Baker noted the MBTA plans to convert its entire bus fleet to electric models.

"This facility is the first of what will be many as the MBTA goes through

the process of completely transforming its bus fleet away from diesel-based and fossil-fuel-based powered vehicles to an entirely electric fleet," Baker said. "That is, for all of us here in the commonwealth, a very good story and very good news."

Ronald Mariano, a Quincy Democrat and the speaker of the Massachusetts House of Representatives, credited the Bay State's federal delegation for their work in getting the infrastructure bill approved in Congress.

"I am thrilled to be here in my district...to see what is going to become the maintenance facility in Quincy. Having fought to keep the old maintenance facility open, this is like a breath of fresh air," Mariano said.

"To have the federal participation on this is truly remarkable. I often wondered what we were going to do when we got the news the Quincy bus yard may close, but to the rescue came the federal government. As someone who has to put vote together, I have a strong appreciation for what the federal delegation has gone through to be here today to make these an-

nouncements."

Mariano said he looks forward to the day when the first electric bus arrives at the new bus maintenance facility.

"We know how important the T is. We agreed to have four stations in the city of Quincy, and it was a commitment to public transportation that put those four stations in this city," Mariano said. "Now, moving to electric buses, it can't fit in the old maintenance facility. We stand in what will be the game-changing move to electric buses. I am excited and I look forward to the day when the first electric bus comes in."

Mayor Thomas Koch, who is also the vice chairperson of the MBTA's board of directors, said residents would benefit from the new electric buses because they won't spew diesel fumes onto city streets.

"I think about driving Hancock Street on a summer day when it's 90 degrees and there is a bus in front of you spewing diesel fumes and your ventilation system is sucking it into the car and how disgusting it is," Koch said.

"This is going to completely change that experience on Hancock Street and so many streets in Quincy, the South Shore and across the commonwealth."



QUINCY HIGH SCHOOL Seniors Cameron Melchin and Rebecca Morris will be among the student performers featured in the Quincy High School Drama Club's production "RETURN to the FORBIDDEN PLANET" March 11, 12, 18 and 19 at the school.

Courtesy Photo

QHS Drama Club To Present 'RETURN to the FORBIDDEN PLANET'

The Quincy High Drama Club will present "RETURN to the FORBIDDEN PLANET" by Bob Carlton March 11, 12, 18 and 19 at 7:30 p.m. at Quincy High School, 100 Coddington St.

"RETURN to the FORBIDDEN PLANET" is a Science Fiction Musical

Mash Up of Shakespeare's The Tempest with 1950s and 60s Rock & Roll. The performance features such hits as "Wipeout," "Monster Mash" and "Teenager in Love."

Tickets will be available at the door - \$12 for adults and \$5 for students. Masks

must be worn.

Parking is available at the school parking lot on Russell Park.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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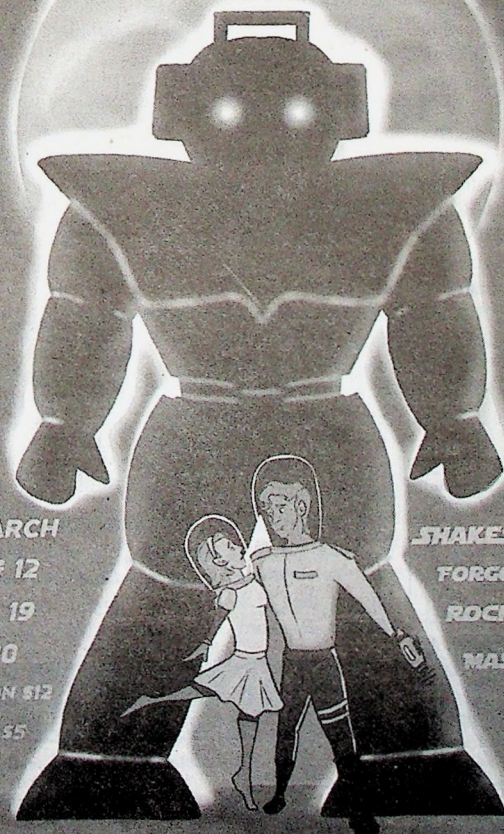


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18 & 19

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STUDENT \$5

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Return to the Forbidden Planet is presented by
arrangement with Concord Theatricals,
www.concordtheatricals.com

DESIGNED BY KAYLA MCWELLY



Real Estate

Quincy Real Estate Transactions Feb. 7 - Feb. 11

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Julie & Brian Ritucci
Barry S. & Rachel Vallan
Gerard D. Anderson Irrevocable Trust
Boulevard Realty Trust
Ken V. & Piyanat Tran
Washington Southern Artery Realty Trust

Wipha White
Cynthia H. Maurer & Daniel R. Sullivan, Jr.
Gary Russell
Timothy F. Smith

BUYER

Julie M. Wood
Constantine Tsivelekidis
Zeping Zheng & Yuanheng Zeng
CSC RE Quincy LLC
Tammy Tran
Neon Washington Street Quincy LLC

F C Princess Inc.
Ruth Frederick
Suet Y. Chan & Zhaxue Mei
Emily Kwan

AMOUNT

\$775,000.00
\$494,000.00
\$515,000.00
\$21,350,000.00
\$810,000.00
\$3,500,000.00
\$375,000.00
\$861,000.00
\$560,000.00
\$415,000.00

ADDRESS

23 Sealund Road
2001 Marina Drive, Unit 810W
75 West Elm Avenue
101 Falls Boulevard
922 Furnace Brook Parkway
461-465 Washington St.,
465 Washington St. & 857-859 Southern Artery
749 Southern Artery
84 Furnace Brook Parkway
489-491 South Street
153 Sumner Street, Unit 4

Roche Brothers Closing April 11; Building Sells for \$21,350,000

After opening 26 years ago, The Roche Bros. supermarket at Falls Boulevard in Quincy will close on April 11, a company spokesperson said Feb. 10.

"Unfortunately, we have had to make the hard decision to close our Quincy lo-

cation," said Tristen Kendall-Barros, vice president of marketing. "We are grateful for the support and patronage of the Quincy community during our time there."

"It is our sincere hope that we can continue to serve a portion of our Quincy shoppers through our ro-

chebros.com shopping and delivery service from our other locations."

Kendall-Barros noted that no other Roche Brothers supermarkets are scheduled to close. Other Roche Brothers supermarket locations include Acton, Bridge-

water, Downtown Crossing in Boston, Marshfield, Natick, Needham and West Roxbury. The 164 employees who work at the Quincy location will be offered positions at other Roche Brothers or Brothers Marketplace locations, Kendall-

Barros said.

The decision to close the Quincy location was made "in the interest of the overall financial well-being of the company," Kendall-Barros added.

According to the Norfolk County Registry of Deeds,

the building that has been home to the Roche Brothers Supermarket in Quincy located at 101 Falls Boulevard sold last week for \$21,350,000. The seller is listed as Boulevard Realty Trust and the buyer is listed as CSC RE Quincy LLC.

Norfolk County Good Deeds: Celebrating Black History Month

By WILLIAM O'DONNELL
Norfolk County Register of Deeds

Every February the United States of America celebrates Black History Month. It is a way to honor the contributions that African Americans have made throughout history while also recognizing the fight for equality and justice continues.

A founder of the Association for the Study of African American Life and History organization, Carter G. Woodson, is believed to have had the idea for what would become a month-long celebration. Mr. Woodson, who earned a Ph.D. in history from Harvard University, was born in 1875 to newly freed Virginia slaves.

The motivation for Carter Woodson of developing this concept of celebrating black history was his belief that African American children were not being taught about their ancestors' achievements. Carter Woodson was instrumental in having Negro History Week launched in 1926.

As the decade of the 1960s closed Negro History Week continued to be celebrated. This was the precursor for what was changed into Black History Month. The month of February was picked for Black History Month because it contained the birthdays of U.S. President Abraham Lincoln and Frederick Douglass. President Lincoln was born on Feb. 12. Frederick Douglass, a former slave who became a noted abolitionist, did not know his precise birthday but celebrated his date of birth on Feb. 14.

Some 50 years after the first celebrations of black history then U.S. President Gerald R. Ford officially

recognized Black History Month during the celebration of American's bicentennial in 1976. President Ford called on Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

The Norfolk Registry of Deeds and the land records housed there date back to 1793. John Hancock, a signer of the Declaration of Independence, was then Governor of Massachusetts and on March 26, 1793 signed legislation that established Norfolk County on June 20, 1793. A modernization initiative recently completed at the Norfolk Registry of Deeds that transcribed handwritten land records dating from 1793 to 1900 has made history come alive.

As Black History Month is celebrated let us be aware of connections to Norfolk County. Booker T. Washington was born into slavery in 1856. He was an educa-



NORFOLK COUNTY Register of Deeds William O'Donnell and Hyacinth Cornish.

Photo Courtesy Norfolk County Registry of Deeds

tor, author and orator who during his lifetime was one of the prominent voices for African Americans in the United States. Booker T. Washington established the Tuskegee Institute, a school of higher learning for African Americans located in Alabama. He called for progress through education and entrepreneurship.

Booker T. Washington's connection to Norfolk County was that he vacationed for several summers

at the residence owned by William H. Baldwin, Jr. in South Weymouth at the intersection of Main Street and Columbian Street.

As part of the 225th Anniversary Commemoration of Norfolk County in 2018 the Registry of Deeds chose another notable African American, Audie Cornish, who hails from the Norfolk County community of Randolph to be in its Notable Land Records book. Audie Cornish was born in Ran-

dolph in 1979. She graduated from Randolph High School and attended the University of Massachusetts at Amherst. Audie Cornish went on to become a journalist for the Associated Press and later a reporter for Boston public radio station WBUR. In 2005 she shared first prize in the National Awards for Education Writing for a report entitled "Reading, Writing and Race." Ms. Cornish became a reporter for National Public Radio later becoming a host and news chair.

William Maurice "Mo" Cowan lived in the Norfolk County town of Stoughton. He was appointed to serve as the U.S. senator for the Commonwealth of Massachusetts on Feb. 1, 1913. He served along with U.S. Senator Tim Scott (R-South Carolina) making it the

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Councillors Seek Oversight Meeting With Retirement Board

Cont'd From Page 1

a committee of the whole, on Monday scheduled the hearing for March 21 at 6:30 p.m.

"I will send out a letter to the Quincy Retirement Board asking them to appear before us to answer a number of questions — one, discuss the situation but also, two, discuss the safety of the monies that are currently existing," Palmucci said.

In addition, Palmucci said the oversight committee could potentially discuss the city not initially disclosing the loss of the \$3.5 million when it issued a prospectus for the sale of \$475 million in pension obligation bonds in the fall. The prospectus was amended to include that information after the city was contacted by state officials.

The five-member Quincy Retirement Board operates independently of the city. In a statement, Michael Sacco, the attorney representing the board, confirmed that the pension fund had lost \$3.5 million as a result of an unauthorized transfer of funds.

"The Quincy Retirement Board can confirm that an unauthorized user compromised the City of Quincy's electronic mail system and as a result of this incursion, an individual fraudulently posing as a Board staff member persuaded one of the Board's investment managers to transfer \$3.5 million to a third party bank," Sacco said in a state-

ment on Feb. 11.

"Once the Board learned of this unauthorized transfer of funds, it immediately notified the appropriate state and federal law enforcement and regulatory agencies, and the Board is fully cooperating with the ongoing civil and criminal investigations into this matter. The Board has implemented additional security measures to protect the retirement system's assets and to detect and thwart any future cyber theft attempt.

"While the investigation is ongoing, the Board will not have any further comment on the matter."

In a phone interview on Feb. 11, Mayor Thomas Koch said he looked forward to learning the results of the investigation.

"We read about this stuff all time in the world today," the mayor said, adding that the board has since taken steps to ensure what happened, "should never happen again."

"There could be some recourse for the third parties the board deals with," Koch added.

The mayor said the city's pensioners were not in danger of missing out on payments because of it.

"I want to let our pensioners know that their payments are not in jeopardy at all," he said.

The state's Public Employee Retirement Administration Commission, which regulates public employee pension funds in Massachu-

setts, in October issued a memo to retirement boards warning them to be on the lookout for a "phishing scheme involving the transfer of assets from board investment accounts."

"PERAC has become aware that one of the retirement boards was the victim of a fraudulent transfer of assets, after a former employee's board email account was hacked and then used to initiate a transfer of funds into a non-board account," John Parsons, PERAC's executive director, wrote in the October memo.

"We will be working with all parties involved to address this situation and will transmit further information as warranted," Parsons added later on in his memo.

While the theft reportedly occurred in February 2021, it was not initially disclosed by the city in its prospectus for the sale of \$475 million in pension obligation bonds in the fall. The information was added to the prospectus after PERAC contacted the city about the disclosure.

Koch on Feb. 11 said the information was not purposely left out of the prospectus.

"The city was doing that (prospectus), and it probably never crossed their mind (to include it) because it is a separate entity," he said.

The disclosure had no impact on the sale of the pension obligation bonds, Koch added.

The funds Quincy bor-

rowed using the pension obligation bonds are not managed by the Quincy Retirement Board. Rather, those funds are being handled by the Massachusetts Pension Reserves Investment Management (PRIM) Board.

News of the theft of the \$3.5 million was reported one week after the city of Quincy's network and servers were the victim of a separate cyberattack. Chris Walker, Koch's chief of staff, provided an updated on that cyberattack at Monday's City Council meeting, but many of councillors' questions focused on the theft of the pension funds.

Ward 2 Councillor Anthony Andronico, who had sought an update on this month's cyberattack, asked Walker what recourse, if any, the city would have to recover the \$3.5 million. Walker referred to comments Koch previously made on the matter.

"I'm not authorized to speak on that issue in any great detail," Walker said. "The retirement board is an independently governed body and those questions are best directed, in any specific nature, to the retirement board, other than what the mayor has said in a couple of the news reports that have come out recently that there is no threat to any retirees not receiving a pension payment and that the investigation is ongoing at this point."

Later on in the meeting,

Palmucci, the Ward 4 councillor, asked Walker if the city has a role in the matter given that the city's IT Department provides email services to the retirement board. Walker said the retirement board had asked the mayor's office to not discuss the matter publicly given the ongoing investigation.

"I'm trying to be respectful of a process the retirement board has requested of this office based upon advice from their counsel to not share and discuss this matter as it is under investigation, not only criminally but civilly," Walker said. "There is some issues involved here that are being investigated right now."

"It would have been our position that we do have capability to have a thorough conversation about this regardless of what is or not under investigation, but right now...this office wants to be as respectful as possible to the wishes of the retirement board," Walker added.

Council President Noel DiBona asked Walker when the theft of the \$3.5 million occurred and when the board became aware of it. Walker said he could not answer either of those questions. When asked when he personally became aware of the matter, Walker said he learned of it in the fall.

Ward 3 Councillor Ian Cain asked city auditor Susan O'Connor, who is the chairperson of the Quincy Retirement Board, if she

had any comment on the matter. O'Connor said she could not comment on the situation while it remains under investigation.

"Respectfully, under the advice of our legal counsel the board has been asked not to discuss anything that has gone on regarding this matter as it is an ongoing investigation. The board has all been in agreement that we are not commenting on the matter until the investigation has been completed," O'Connor said. "We are assuming that at the time the investigation is complete, there will be a full report we are able to share with the council and with other people that are interested in what happened."

"I understand your frustration as we are frustrated as well, but we are going on the advice of our legal counsel."

Several councillors who spoke at Monday's meeting said they should have been told about the \$3.5 million when the council was considering the \$475 million pension bonds last spring.

"That is definitely something I think we have to work a little better on, sharing information with the City Council so we're not seeing it on the news," said Councillor Anne Mahoney. "I think this administration doesn't like to see things on the news either, but we have to share more information before it gets out there because this is important

Cont'd On Page 29

Norfolk County Good Deeds: Celebrating Black History Month

Cont'd From Page 12

first time that two African Americans served simultaneously in the U.S. Senate. Prior to his appointment Senator Cowan earned a law degree at Northeastern University and joined the prestigious law firm of Mintz Levin where he later became partner. Mr. Cowan left the law firm to become counsel to Gov. Deval Patrick.

Speaking of Gov. Deval Patrick, an African American who was elected as governor of Massachusetts in 2006, served two terms as governor. Did you know he lived in the Norfolk County town of Milton?

Florida Ruffin Ridley was an African American civil rights activist, suffragist, teacher, writer and editor born in 1861. She was one of the first black public schoolteachers in Boston and edited the Women's Era, the country's first newspaper established by and for African American women. Florida Ruffin Ridley lived in the Norfolk County town of Brookline where in 1896

she was one of the town's first African American homeowners. In September 2020 the Florida Ruffin Ridley School in Brookline was re-named in her honor.

The Norfolk Registry of Deeds building is located in Dedham. This Norfolk County community recently honored the life of William B. Gould (1837-1923) by renaming the East Dedham Passive Park in his honor. William B. Gould was born into slavery in North Carolina. He escaped slavery in 1862 by boat during the Civil War. Mr. Gould served for the Union for the rest of the Civil War in the Navy chasing Confederate vessels. After the Civil War ended this Civil War Navy Veteran was a distinguished member of the Dedham Community.

Henry W. Diggs was a lifelong resident of my hometown of Norwood from 1906 to 2003. He and his relatives were the first African Americans to settle in Norwood. After graduating from Norwood High School in 1924 Mr. Diggs worked for the Norwood

Press. He would later serve as a radio repairman for the U.S. Army Signal Corps during World War II. Henry Diggs was active in town government having served on the Norwood School Committee, Town Meeting and the Blue Hills Regional High School Committee. Mr. Diggs in a high school graduation address urged graduates to "build a bridge" to one another so that "walls of suspicion, fear, prejudice and hate will disappear."

Sam Jones was a clutch basketball scorer who won 10 Championships with the Boston Celtics during their dynasty in the late 1950s and 1960s. Mr. Jones died recently at the age of 88. Sam Jones as a Boston Celtics wore the number 24 which was retired by the Celtics in 1969 while he was still an active player. He was inducted into the Naismith Memorial Basketball Hall of Fame in 1984 having played all 12 of his NBA seasons with the Boston Celtics. Sam Jones owned a home together with his wife Gladys in the Norfolk

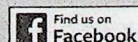
County community of Sharon while he was playing for the Boston Celtics.

Black History Month commemorates contribu-

tions made by African Americans to our country and to the fabric of what makes up our country. Let us be proud and take notice

of all noted contributions and know individuals from our communities here in Norfolk County have been a part of that history.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
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Public Access Channel 8

Thursday, February 17
6:00pm: Bethany Congregational Church
8:00pm: High School Basketball

Friday, February 18
5:00pm: LIVE: QHS vs. NQHS Girls Basketball
7:00pm: LIVE: QHS vs. NQHS Boys Basketball

Saturday, February 19
11:00am: Alive & Kickin'
1:00pm: High School Basketball

Sunday, February 20
12:00pm: QARI Lunar New Year
1:00pm: The Call

Monday, February 21
11:30am: LIVE: Currently in Quincy
8:00pm: NQHS vs. QHS Girls Basketball 2/18

Tuesday, February 22
7-9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, February 23
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, February 17
6:00pm: At Your Library: February Happenings
7:00pm: State View: Rep. Bruce Ayers

Friday, February 18
7:00pm: In the Know: Norfolk County Sheriff

Saturday/Sunday, February 19/20
9:30am: State View: Representative Bruce Ayers
10:00am: At Your Library: February Happenings
12:00pm: Quincy City Council 2/14
4:00pm: Board of License Commissioners 2/8
5:00pm: Zoning Board of Appeals 2/8
6:00pm: Smoke & Carbon Monoxide Alarms
7:00pm: Quincy City Council 2/14
9:00pm: The Rise of a True Crime Podcast

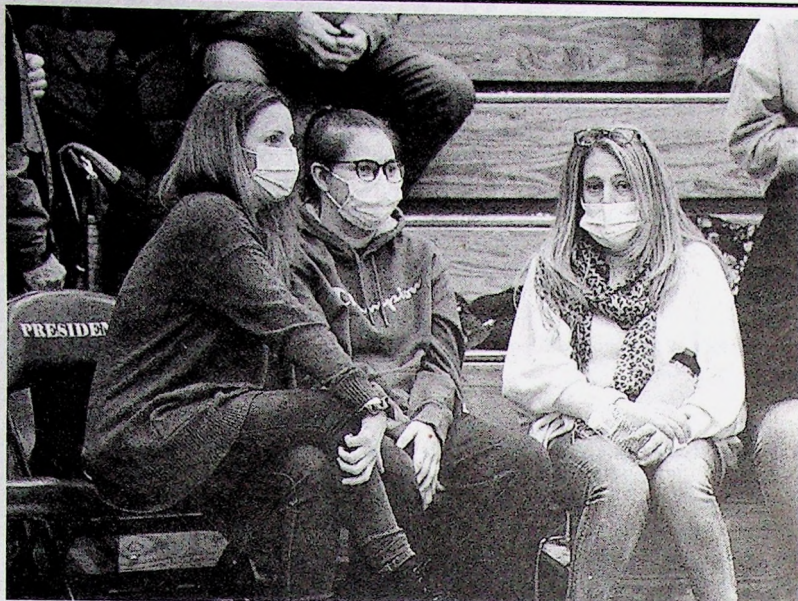
Monday, February 21
11:00am: TCPL Presents: Aging Strong
6:00pm: Department Profiles: Quincy Health Dept.

Tuesday, February 22
4:00pm: LIVE: Board of License Commissioners
5:30pm: LIVE: Zoning Board of Appeals

Wednesday, February 23
6:00pm: In the Know: Norfolk County Sheriff

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



PRISCILLA BONICA (center) and her mom, Erin Bonica (left) watch the action at the "Bigger than Basketball" doubleheader fundraiser Feb. 5 at Quincy High School. Proceeds from the fundraiser benefitted Priscilla who is battling brain cancer. Quincy Sun Photos/Tom Gorman

QUINCY HIGH SCHOOL girls' varsity basketball team hosted a doubleheader Feb. 5 with the proceeds benefitting Priscilla Bonica and her family. Priscilla, a 2021 QHS graduate and standout basketball, softball and volleyball player, is battling brain cancer. The doubleheader featured North Quincy vs. Fontbonne Academy and Quincy High School vs. Abington. Here North Quincy's Jillian Jaehnig (left) goes after a loose rebound in a game against Fontbonne.

'Bigger Than Basketball' Fundraiser Benefits Priscilla Bonica

Cont'd From Page 1

family—the entire community—was determined to make sure Priscilla was not alone in her fight.

This brings us to Feb. 5th. The entire QHS gym was packed with family, friends, rivals and good people. Gray rubber wristbands with "PB" on one side and "10 17 24" (Priscilla's numbers from her sports career) were sold at the entrance to the gym along with freshly baked cookies from the culinary students of QHS, led by teacher, volleyball coach and one of the organizers, Jacqui Niosi.

It was Niosi and QHS basketball coach, Sarah Conlon who planned the Bigger than Basketball event and it was a huge success.

"The event was a fun way to show the Bonica family that QHS, Priscilla's former teams and teammates, and the community in general are behind them," Conlon said. "Sometimes in a season, you can get caught up in wins and losses—and this was a nice reminder that sports are much more than that."

Coach Niosi had a similar take.

"To see so many people show up and so many people willing to help out in so many ways humbles you and gives you hope. It is also a testament to what a great person, teammate and leader Priscilla is, which comes from being part of such a great family."

In addition to the wristbands and baked goods, there was a 50-50 drawing, raffles and a photo booth for selfies. An adult "Knock-out" game and silent auction as well as a "Rubber Duck" contest where the committee sold 100 rubber ducks, each numbered and attached to a name and at halftime of the QHS game, all the contestants stood outside the perimeter of the floor and threw the ducks to the center of the court. Whoever got their duck closest to the star on the Presidents hat—won \$100.

The night was touched with many special moments—Priscilla's longtime friends sitting by her side during every minute of the game; Priscilla's coach-

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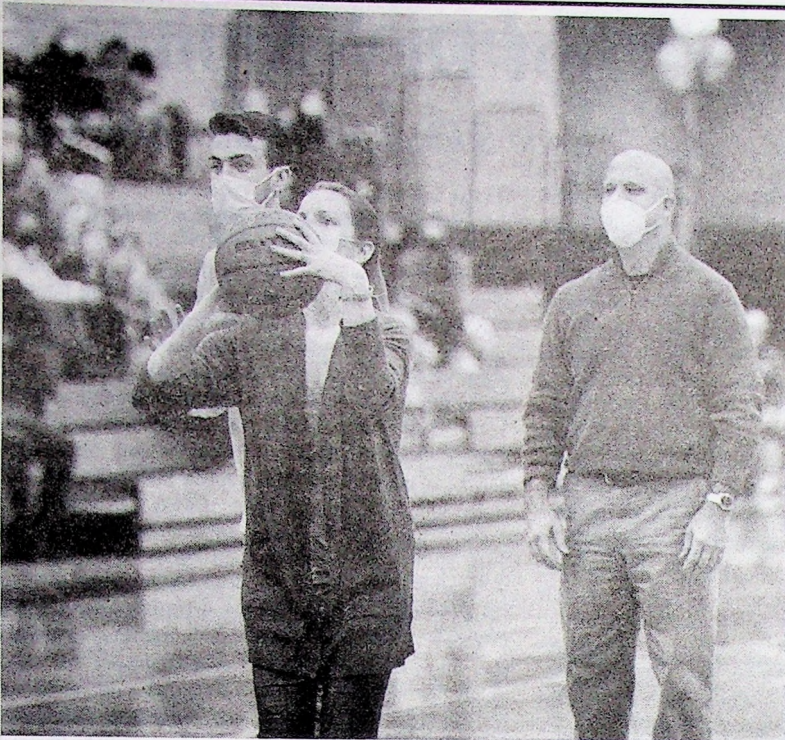
ATTENDEES SIGNED a poster for 2021 Quincy high School graduate Priscilla Bonica, who is battling brain cancer. She played several sports while a student at Quincy High School and captained last year's varsity basketball team.



A YOUNGSTER winds up as he prepares to throw a rubber duck during the rubber ducky throw contest. The contest was one of the fundraising activities at a benefit basketball doubleheader for 2021 QHS graduate Priscilla Bonica and her family.



SUPPORTERS OF PRISCILLA Bonica and her family signed up for the silent auction prizes at a fundraiser at Quincy High School Feb. 5.



ERIN BONICA, mother of Priscilla Bonica, lines up her shot during the knockout basketball game as Quincy High School Principal Lawrence Taglieri, right, looks on.

Quincy Sun photos/Tom Gorman



QUINCY HIGH SCHOOL girls' varsity basketball captain Antenella Ibrahim looks for the winning rubber duck during the rubber ducky throw contest.

'Bigger Than Basketball' Fundraiser Benefits Priscilla Bonica

Cont'd From Page 14

ing mentor from the MT Ducks AAU team, Ally Scarpa with a beautiful half-time speech to honor Priscilla and remind her she is not alone: "You are so loved and so supported, we are all here to stand and fight for you."

The most extraordinary moment of the night happened just before the clock turned 8 p.m. When Priscilla first began her fight, her dad Steve asked, "If you are looking for ways to help, at 8 p.m., take the time to pray, wish, hope—or however people want to express their support—that Priscilla, or anyone who is ill or struggling can be thought of to be healthy again."

Just as the second half was going on—just before 8 p.m., the game was stopped and everyone was asked to say a prayer. As the hush came over the gym, a quiet chorus of cell phone alarms and reminders from those in attendance echoed through

the gym—a real life reminder of how many people are behind Priscilla and her family during this fight.

"The one thing we've learned during this journey is the old saying, 'You never know how strong you are until being strong is only choice you have,'" said Priscilla's mom Erin Bonica, a lifelong resident of Houghs Neck. "We are blown away by what one person can mean to a community. We saw it tonight in full force."

Of course, the night wouldn't have been complete without a little bit of basketball. In the early game, North Quincy took on Fontbonne followed by QHS versus Abington—a game filled with silly dance moves and practical jokes. A heartwarming reminder of the good that was produced on this amazing night—best summed up by Steve Bonica:

"Sometimes miracles



JOE SOMMERS of Quincy has his picture taken by his mom as he tosses a soccer ball at the "Bigger Than Basketball" fundraiser to benefit Priscilla Bonica and her family Feb. 5.

are good people with kind hearts."



ABINGTON'S OLIVIA MCGUIRE, right, passes as Caroline Tracey, left, and Quincy's Niamh Gendron, center, defend during a benefit basketball game Feb. 5 at Quincy High School. The games featuring Quincy, Abington, North Quincy and Fontbonne Academy raised money for Priscilla Bonica and her family.



QUINCY'S LENA WALDRON shoots for two against Abington.

Planning Board OKs Ross Lot Development

Seven Story, 240,000 Square Feet Medical-Office, Life Science Space On Former Ross Lot

By SCOTT JACKSON

The Planning Board has approved FoxRock Properties' proposal to construct a seven-story office building with more than 240,000 square feet of medical-office and life-science space on the former Ross Lot in Quincy Center.

The Planning Board on Feb. 9 granted a certificate of consistency for FoxRock's project, which also includes a 510-car parking garage and two two-story retail spaces. Known as SwitchPoint Quincy, it will be the first major commercial project in the redeveloped Quincy Center.

"Commercial development is key and a big part of what's going on in Quincy Center and hopefully this is going to trigger additional commercial development in Quincy Center, which has been a goal of the downtown project since inception," said James Fatseas, the city's director of planning and community development.

"I am exceptionally pleased to see a commercial project of this size introduced to the Quincy Center downtown area."

The development will be located at 37R and 86 Park- ingway, a roughly triangular parcel bounded by General Dunford Drive to the south, Granite Street to the north, General McConville Way to the east and the MBTA tracks to the west. The proj-

ect site contains 117,366 square feet of land within the Quincy Center zoning district.

FoxRock first went before the Planning Board with its proposal for the Ross Lot site in September. At that time, FoxRock's proposal included a six-story, 150,000-square-foot office building, a 20-story building with a combined 325 hotel rooms and apartments, a 490-car garage, plus the retail spaces. The company withdrew that proposal in November and removed the 20-story building from the plan.

Josh Kleinman, FoxRock's director of design and construction, on Feb. 9 said the company removed the 20-story hotel and residential tower from the proposal to expand the size of the office building based on feedback it received from the medical and life-science communities.

"When the project was publicly announced in the fall, we did receive very welcome attention and feedback from both the medical and life-science community about this great new opportunity in Quincy Center," Kleinman said.

"The Greater Boston region is one of the strongest in the world when it comes to both first-class healthcare providers and life-science companies. The original center of the life-science community was Kendall

Square, but more recently there has been significant expansion throughout the Greater Boston region — within Boston itself and suburbs like Lexington and Waltham. Even down the street from our project, portions of Presidents Place are now being converted to be suitable for life-science users."

Because of that feedback, FoxRock added an additional floor to the office building — which will be located adjacent to General Dunford Drive — and also expanded its footprint, increasing the size of the building from 150,000 to 242,000 square feet.

To make room for the expanded footprint, Kleinman said the company had to shift the location of the garage and the two-story retail spaces that will surround it to the north. Doing so reduced the footprint available at the northern end of the site near Granite Street, where the 20-story tower would have been located. The revised plan instead calls for a pocket park on the northern end of the site.

A portion of the ground floor of the new seven-story office building will be set aside for retail use. The entrances for both the retail space and office space will be located off of General McConville Way, according to Jason King, an architect with the firm Arrowstreet. Christyn MacDougall, an

architect with the firm Fen- nick McCredie, said the first floor would also include of- fice space and an area where employees who choose to bike to work can shower.

The garage in the center of the project site will stand six stories tall with room for 510 parking spaces, including at least 18 charging stations for electric vehicles, plus a bike-storage area on the ground level. King said the two-story retail buildings located along General McConville Way to the east and north of the garage would block the first three levels of the garage from view.

The larger of the two two-story retail buildings will be located to the north of the garage and includes 22,000 square feet of space, King said. The second retail space, located east of the garage, will be designed to hold 13,000 square feet of restaurant space, with planned outdoor seating on both McConville Way and a second-level roof terrace.

During the hearing, Planning Board vice chairperson Gregory Galvin asked if the developer would be taking any steps to encourage employees to use public transportation.

Kleinman noted the site is near the Quincy Center MBTA station, which is served by the Red Line and commuter rail, and that the bike storage area had been added to the parking garage.

He also said FoxRock would discuss with the MBTA the possibility of rerouting an existing bus route to run along General McConville Way and would be working with the city to consider alternative ways for pedestrians to cross Granite Street.

FoxRock and Mayor Thomas Koch had negotiated a land disposition agreement, which the City Council approved in June 2019, allowing the company to acquire a portion of the Ross Lot from the city and to redevelop it. That LDA also allowed the company to buy out the city's right of reverter at 114 Whitwell St., formerly home to Quincy Medical Center, freeing it up for a residential redevelopment. The developer agreed to pay the city \$4.25 million as part of the pact.

FoxRock's initial plans for the Ross Lot site, as unveiled in 2019, included 110 units of workforce housing. Those units would have been used to meet the affordable housing requirements of both that project and the one on Whitwell Street.

During the public hearing portion of the Feb. 9 meeting, two residents asked what had happened to those affordable housing units that had been included in the 2019 plans for the Ross Lot site.

"The original plans called for 110 units of workforce housing, which are sorely

needed in the city. We know that we are way behind on that," said Mary Jo Baryza. "I thought that was part of the agreement for FoxRock to be able to develop that property and the hospital property, so what is happening to those units — are they still being held to providing those or have they just disappeared?"

David Mahoney, the applicant's attorney, said the 2019 LDA required FoxRock to make a "good-faith effort based on market conditions" to develop those residential units.

"They have since decided the commercial aspect would be better for the project, so they are not required to build any housing," Mahoney said.

Ward 5 Councillor Charles Phelan Jr. — whose district includes both the Ross Lot and Quincy Medical Center sites — said FoxRock would still have to meet the affordable housing requirements for the Whitwell Street project.

"This is being changed to commercial, but that does not let them off the hook for doing that affordable site," Phelan said. "They are going to have to come up with something."

Mahoney replied that there is "no question" that FoxRock owes affordable units, or a payment in lieu of, for the project on Whitwell Street.

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Catherine Mayo On Dean's List At Saint Michael's College

Catherine Mayo of Quincy has been named to the Dean's List for the fall semester at Saint Michael's College in Colchester, VT. Mayo, a junior psychology major, is a graduate of Quincy High School.

'People's Guide To Greater Boston' Topic Feb. 23

The public is invited to the Meeting Room at Thomas Crane Public Library on Wednesday, Feb. 23, from 7 to 8 p.m. with "A People's Guide to Greater Boston" authors Joseph Nevins, Suren Moodliar, and Eleni Macrakis to learn about the well-known and little-known significant places and people in the area in-

involved in movements to abolish slavery; to end war and militarism; to achieve Native sovereignty, racial equity, gender justice, and sexual liberation; and to secure workers' right.

Joseph Nevins was born and raised in the Dorchester section of Boston and is a professor of geography at Vassar College. His books include "A Not-so-distant Horror: Mass Violence in East Timor;" "Dying to Live: A Story of U.S. Immigration in an Age of Global Apartheid;" and "Operation Gatekeeper and Beyond: The War on 'Illegals' and the 'Remaking of the US-Mexico Boundary.'"

Suren Moodliar, a resident of Chelsea, is both coordinator of encuentro5, a movement building space in Downtown Boston, and editor of the journal Socialism and Democracy. He coedited Noam Chomsky's

Internationalism or Extinction. He completed an MA in political science and African Studies at the University of California, Los Angeles.

Eleni Macrakis grew up in Cambridge, and now works in the field of affordable housing development in the Greater Boston area. She holds a master's degree in urban planning from Harvard University.

Capacity for this event will be limited and masks are recommended. Doors will open 15 minutes before the start of the program.

The event will be simultaneously live broadcast on QATV channel 9 and can be viewed on the Thomas Crane Library's YouTube channel. Learn more about this event in the Events Calendar on the library website.

The program is sponsored by the Friends of the Thomas Crane Public Library.

INVITATION TO BID

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

RE-BID

On-Call Operation and Maintenance Services for Pump Stations and Water Quality Infrastructure
March 3, 2022 @ 11:00 A.M.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

All questions regarding this bid should be directed to Kathryn R. Hobin, Purchasing Agent through email to: purchasing@quincyma.gov. Questions will be accepted until February 25, 2022 at 4:00 p.m.

Bids must state exceptions, if any, the delivery date and any allowable discounts. Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR

Kathryn R. Logan, Purchasing AGENT

More Quincy news:

The Quincy Sun.com

Planning Board OKs Ross Lot Development

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rector who is also the chairperson of the Affordable Housing Trust Committee, said the committee has been working with FoxRock to make sure the developer meets its affordable housing requirements.

"We've been working with FoxRock straight through. There has been no attempt to change the affordable housing that is owed on the projects that they have put before our board or put before the City Council," Fatseas said.

"We're fully aware of what the affordable housing requirements are in the city and we will absolutely make sure that that is met."

In his remarks, Phelan said a commercial development such as FoxRock's would help residential taxpayers in the city. He also asked that the Planning Board include conditions to protect nearby residents from construction impacts as part of the permitting

process.

"This is commercial development...when you do a commercial development, it helps the residential tax rate, which is helping where a lot of people are hurting in the neighborhoods with taxes," Phelan said.

"Right now, a lot of things look good on paper, but I think the devil is in the details and making sure they are in there when the conditions are put in."

Rob Stevens, the deputy planning director, said the developer would have to follow the standard conditions for construction in the city. For instance, the hours for construction and delivery of materials are 7 a.m. to 5 p.m. on weekdays and 8 a.m. to 4 p.m. on Saturdays with no construction or deliveries allowed on Sundays without permission from the chief of police.

At the conclusion of the hearing, the Planning Board voted 5-0 to approve the certificate of consistency for the Ross Lot project.



PLANNING BOARD on Feb. 9 approved FoxRock Properties' proposal to construct a 7-story medical and life sciences building on the former Ross Lot in Quincy Center. The building will be located on the corner of General Dunford Drive and General McConville Way, near the new Generals Bridge. The project also includes a 510-car parking garage.



PLANS for the Ross Lot site also include two two-story retail spaces on General McConville Way, both in front of a six-story parking garage. Pictured here is a 13,000-square-foot restaurant space with outdoor seating on both the ground level and a second-story roof terrace. The second retail area, to the north of this, will feature 22,000 square feet of space.

Renderings Courtesy FoxRock Properties

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Mayor Thomas P. Koch invites you to Women's History Month

"Remember the Ladies" Conversation & Tea

**Honoring First Ladies
Abigail Adams & Louisa Catherine Adams**



Hosted by
Joyce Kulhawik
President of the
Boston Theater
Critics Association

Highlighting other
remarkable Quincy Ladies

**Saturday
March 5, 2022
2-4 p.m.**

FREE

The Adams Lecture Hall
Quincy High School
100 Coddington Street

FREE but please RSVP:
<https://tinyurl.com/mv9rdj8a>



SCAN ME



CURRENT AND FORMER Wollaston School Students – Avery Abrahamovich, a sophomore at North Quincy High School, mentors younger skiers Lana Couture, a third grader at the Wollaston School and Minna Goethert, a Wollaston School fifth grader.



SKI FRIENDS – Minna Goethert, a fifth grader at the Wollaston School and Lainie Sanchez, a fifth grader at Point Webster School.

Courtesy Photos

Future Is Bright For QNQ High School Ski Racing Team

In addition to the strong showing by Quincy high school skiers at recent competitions, many more Quincy kids are working hard to build Quincy's ski reputation.

Over 30 Quincy skiers

ages 5- 18 are practicing and racing as part of the Prospect Hill Ski Team (PHST). PHST is an introductory ski race program based out of Blue Hills. The team competes in weekly races

against teams from Nashoba Valley, Bradford Ski Area, Ski Ward, and Bogostow. For more information about PHST visit: <https://sites.google.com/site/prospecthillteam/s>

6 Quincy Students On Emmanuel Dean's List

Six students from Quincy are on the Dean's List for the fall semester at Emmanuel College in Boston.

They are:
Su Mon, Queenie

Cheung, Vivian Tran, Theodora Zygouras, Matthew Steffan and Madeline Bradley.

Phoebe Linnell On William & Mary Dean's List

Phoebe Linnell of Quincy has been named to the

Dean's List for the fall semester at the College of

William & Mary in Williamsburg, VA.



QUINCY BOYS POST RACE: Mauricio Sanchez, Gunnar Goethert, Will McInnes, Frankie McInnes, Mason Eldredge, Rees Goethert and Sam Witsil.

Prospect Hill vs. Ski Ward - February 6		
Age Group	Name	Finish
Under 8 Girls	Athena Spirito Calderon	7
Under 8 Boys	Francis McInnes	2
Under 8 Boys	Rees Goethert	5
Under 8 Boys	Sam Witsil	6
Under 8 Boys	William McInnes	9
Under 8 Boys	Lex Couture	11
Under 8 Boys	Lucas Tang	13
Under 8 Boys	Adrian Tang	15
Under 10 Girls	Lana Couture	1
Under 10 Girls	Caroline Eldredge	2
Under 10 Girls	Maya Witsil	5
Under 10 Boys	Gunnar Goethert	1
Under 10 Boys	Mauricio Sanchez	10
Under 12 Girls	Minna Goethert	1
Under 12 Girls	Lelaina Sanchez	6
Under 12 Girls	Nora Hasson	11
Under 12 Girls	Mia Perry	17
Under 12 Boys	Mason Eldredge	3
Under 14 Boys	Sam Abrahamovich	4
Under 16 Girls	Avery Abrahamovich	2
Under 16 Girls	Sophia Johnson	12
Under 16 Girls	Aine ODonnell	13
Under 16 Girls	Tabitha Lee	14
Under 16 Girls	Lucy McLaughlin	DNS
Under 16 Boys	Steele Smith	17
Under 16 Boys	Frank Townsend	DNS
Under 19 Girls	Caroline Cavicchi	3
Under 19 Girls	Faye Fitzpatrick	4
Under 19 Girls	Brooklyn Geary	5
Under 19 Girls	Mattea Garrett	DNS
Under 19 Girls	Alexandra Abrahamovich	DNS

QNQ Alpine Team Competes In Race After Blizzard Hits Region

It was a great week to be a ski racer earlier this month as Mother Nature dumped more than two feet of fresh powder on the region.

The QNQ Alpine race team competed in their 4th race at Blue Hills on Feb. 2nd. This was a GS race and the course was set for speed.

Coach Lisel Couture is thrilled with the progress all of the racers continue to make.

"All the racers had a strong finish this week and left nothing on the table. Some of the terrain and course condition which caused some mistakes two weeks ago weren't a problem when they encountered them this week. It's great to see everyone's skiing and times improve every race week."

Avery Abrahamovich (NQ, So, 26.61) achieved her second top 10 finish coming in 9th. Alex Abrahamovich also had a strong race finishing 22nd (NQ, Sr, 28.50). All racers who competed were able to complete the course with no disqualifications. The racers' times continue to improve markedly week over week. North Quincy Senior Rachel Hoban had a personal best run finishing in under



GS RACE course at Blue Hills Ski Area. Courtesy Photo

38.35 seconds. 5 of the racers on the boys team completed the course in sub 40 seconds including Aidan McCarthy (Q, Fr, 31.27); Matthew Wallace (NQ, Fr, 32.39); Max Gaudiano (NQ, Fr, 35.16); Harry Gaudiano (NQ, Sr, 36.67) and Henry Lebo (Q, Fr, 36.85). Steele Smith competed in his first high school Varsity race and had a solid finish.

The season culminates over the next two weeks.

This week's race will be slalom style. Tune into the

Winter Olympics to watch the exciting ski events and

see the course types this team is competing on!

Race Results: <https://www.skieastracing.org/2022raceresults>.

Aging Strong: Brain Injury Program Online Feb. 22

On Tuesday, Feb. 22, from 10 to 11 a.m. the public is invited to join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, for another installment of Aging Strong.

In this session Justine Cote will provide the lat-

est information on brain injury as well as provide ways viewers can utilize resources and support services offered by the Brain Injury Association of Massachusetts.

Everyone is welcome and encouraged to attend any or all of the sessions

in this multi-part program that teaches and empowers aging adults and their caretakers with skills and ideas that decrease falls and increase independence. This evidence-informed program will discuss practical and proven exercises that promote health and well-being.

Join live on Zoom (meeting ID 874 7134 0892) or watch live on the Crane Public Library's YouTube channel. Call (646) 558-8656 and use the same meeting ID to listen to the audio. Visit the Library's Events Calendar on the library's website for more details.

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Maggie Lynch All-Time QNQ Girls' Hockey Scoring Leader

Quincy-North Quincy girls' varsity hockey team defeated Stoughton 7-0 on Saturday to move to 9-7 on the season.

In the win, Quincy High School junior Maggie Lynch had four goals and broke the program's career goal mark in doing so. With her four goals Lynch passed Cassandra Davis who previously held the record with 125 career goals. Lynch now stands at 127 career goals in only 50 games. Through 16 games this season, Lynch has 39 goals to go with 11 assists for 50 points.

Senior Maddie Bailey is second in offense this season with 24 goals and 24 assists for 48 points. Bailey and Lynch play on the same line together.

Also scoring in QNQ's victory over Stoughton were senior captain Maddie Bailey, freshman Ciara Folan, and 8th grader Kaile Campbell. Juniors Hailey Conannon and Katie Stirling

combined for the shutout. Quincy faced off against Latin Academy Wednesday at 6:30 p.m. at Quincy Youth Arena. It was senior night.

QNQ visits Weymouth Saturday, Feb. 19 at 6:30 p.m. at Connell Rink and visits Hingham, Monday, Feb. 21 at 5 p.m. at Pilgrim Arena.



JUNIOR MAGGIE LYNCH scored four goals in Quincy/North Quincy's girls' hockey win over Stoughton to become the all-time leading scorer in program history. Her point total stands at 126 with several games to play this season. With her here (from left to right) Assistant Coach Peter Chrisom, Assistant Coach Kyle Craig and Head Coach Jeff Craig. Below Maggie celebrates her record-setting night with teammates and coaches after the team's 7-0 win over Stoughton Feb. 12.

Courtesy Photos



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Mission

Hope, healing, safety, social change. Working together to end domestic and partner violence.

Vision

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P.O. Box 690267, Quincy, MA 02269
www.dovema.org



NQ Girls' Hoop Cruises To 18-0, Downs PS 57-30

By TOM JOYCE

Usually, when the other team doesn't score in the first 14 minutes of a basketball game, that's a good sign for the other team.

If the team adds some points in that stretch as well, then the odds look even better.

That was true for the North Quincy High girls' basketball team on Monday.

The Raiders had a dominant first-half performance against the Plymouth South Panthers on the road. The Raiders made it clear early in the game that they were the dominant team. Toward the end of the second quarter and in the second half, the Raiders played a more conservative style of basketball – and Plymouth South was able to put some points on the board. Still, the Raiders won in a blow-

out: 57-30. With the win, the Raiders improved to 18-0 on the season.

The Raiders had a dominant stretch to start the game. They put up 30 points before allowing a single basket. The first basket of the game for Plymouth South came with two minutes exactly remaining in the first half. Plymouth South hit a layup in traffic and received a thunderous applause from the home fans.

Before that happened, however, the Raiders scored – a lot. The Raiders put up 22 points in the first quarter, most of which came from sophomore guard and captain Orlagh Gormley. She was the team's leading scorer in the win; she put up 28 points. That included a stretch in the first quarter where she scored 15 consecutive points.

While Gormley was the team's standout performer on offense once again, other players on the team helped pile on the points in the first half.

Sophomore center Autumn O'Campos (6 points, 10 rebounds) made it a 17-0 game after grabbing an offensive rebound and hitting her shot. After that, junior guard Keira Murphy hit a three-pointer, and O'Campos got another basket. This gave the team a 22-0 lead late in the first quarter. At this point in the game, the Raiders started to sub out a couple of their starters and give some of their backups playing time.

This success on offense translated to the second quarter as well; Gormley had eight of the team's 10 points in it. Other than

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SOPHOMORE CAPTAIN Orlagh Gormley scored a team-high 28 points to lead the North Quincy girls' basketball team to a 57-30 win over Plymouth South Monday. With the win the Raiders improved to 18-0 on the season. Quincy Sun File Photo/Robert Bosworth

Quincy Girls Hoop Bows To Scituate

By TOM JOYCE

The Quincy High girls' basketball team played a highly-competitive game last Friday night, but they came up short.

The Presidents hosted the Scituate Sailors Feb. 11, and while the game was decided by just a few points, it didn't go in the Presidents' favor. Scituate won 48-44. With the loss, the Presidents fell to 7-11 on the season.

Scituate took a 14-11 lead after the first quarter, finishing it out on a 7-0 run in the final two minutes.

Trailing 7-5 early in the first quarter, the Presidents had a 6-0 run that gave them the lead. On it, freshman forward Alyssa Hopps (14 points) had back-to-back baskets after grabbing offensive rebounds. And junior guard Lena Waldron hit a pair of free throws to put the team up 11-7.

However, Scituate hit three shots in the final two minutes of it and kept the Presidents scoreless. A pair of two-pointers tied things at 11 apiece. And with just a few seconds left in the first, Scituate nailed a three-pointer to take the lead.

Scituate was able to keep that momentum going and make that 7-0 run into a 16-0 run in the second quarter. Scituate went into half-time with a 28-17 lead.

Scituate hit a layup with 6:09 remaining in the second quarter and a three-pointer about 45 seconds later to keep the scoring run alive. The team would go on to hit a pair of free throws and then a layup with 2:43 remaining in the first half.

Senior forward and captain Antenella Ibrahim snapped the scoring drought for the Presidents 20 seconds later. Scituate countered with a pair of

free throws. However, Waldron hit a layup for them and sophomore guard Mary Saccoach (10 points) got a pair of free throws, giving the Presidents some points. Scituate closed out the first half with a jump shot and a free throw, giving itself an 11-point lead.

The Presidents chipped away at the deficit in the third quarter and trailed 40-32 at the end of it.

Much of that deficit reduction came at the start of the third quarter when the team went on a 7-0 run.

Junior guard Caroline Campbell got the Presidents off to a strong start by hitting a basket in the first 30 seconds of the quarter. And junior guard Caroline Tracey kept the momentum going by hitting a three-pointer. Waldron added a layup to make it a 28-24 game. Scituate's first points of the second half came with 3:52 remaining in the quarter – on a layup.

Waldron countered with another layup. Then Scituate hit a pair of free throws – and Campbell made a pair of free throws. Scituate got a basket, then Hopps scored again. Scituate then traded layups with Hopps, but Scituate got some breathing room late in the third quarter with a 4-0 run on back-to-back layups. This made it an eight-point game going into the fourth quarter.

Scituate added a layup to start the fourth quarter, extending its lead to 10. From there, however, the lead shrunk.

The Presidents went on a 6-0 run that lasted for four-and-a-half minutes. Hopps got a layup and hit a pair of free throws more than three minutes later. She then added a pair of free throws with 1:42 remaining.

Scituate countered with a shot from near the basket. Saccoach responded with four free throws to make it a two-point game. She hit a pair with 1:01 remaining. Scituate missed a pair of free throws shortly thereafter. Then, she made it back to the line with 27.4 seconds remaining and hit both shots once again.

Scituate then hit a layup with 16 seconds left to preserve its lead.

Shortly thereafter, Saccoach made it back to the line. She hit the first shot and threw the second against the backboard, but the Presidents weren't able to get the rebound. The Presidents fouled Scituate, sending the team to the free throw line with 6.3 seconds remaining. Scituate hit both shots. Saccoach went to the line once again with 1.3 seconds left and added one point.

When Scituate tried to inbound the ball, the Presidents got it, but weren't able to add any more points.

The roster for the Presidents this season includes: junior guard Helena Middleton, sophomore guard Mary Saccoach, junior guard Caroline Campbell, senior captain and forward Antenella Ibrahim, junior guard Lena Waldron, junior guard Alex Kane, freshman forward Niamh Gendron, sophomore guard Paige Mann, freshman forward Alyssa Hopps, junior guard Mairead Folan, and junior guard/forward Caroline Tracey. The team's head coach is Sarah Conlon.

The next game for the Presidents will take place this Friday, Feb. 18 at home against the North Quincy Raiders (5 p.m. start time). The Quincy and North Quincy boys basketball teams will play at 7 p.m. Friday night, the second game of the basketball doubleheader.

NQ Hockey Falls To Hanover

By TOM JOYCE

The North Quincy High boys' hockey team faced a tough Patriot League opponent on the road Feb. 9.

For the second time this season, the Raiders played the Hanover Hawks. This time, the game took place at Hobomock Ice Arena in Pembroke. The Raiders had a better performance this time around than they did the first time they played Hanover. However, the Raiders came up short. They lost this one, 8-1. With the loss, the Raiders fell to 3-13 on the season. Meanwhile, Hanover improved to 12-5-1 with the win.

Although the game was tied twice, the Raiders weren't able to take the lead.

Hanover ended the first tie by scoring the first goal of the game. Hanover's goal came a few minutes into the contest and put the team up 1-0.

The Raiders had a couple of opportunities to score, and capitalized on their second one.

Junior forward Noah Kearney crashed the net and put up a strong shot, but Hanover was able to make the save. Then, about halfway through the first period, the Raiders scored and tied the game at one apiece.

Senior forward Ben Snyder broke free after picking up a pass in the neutral zone. He took the shot from the left side of the ice and found an opening on the right side. He buried his shot, making it a 1-1 game.

However, it wouldn't take long for Hanover to regain the lead. Hanover made it a 2-1 game less than 30 seconds later. Hanover

won the ensuing faceoff, got down the ice, and put up a goal. And a couple of minutes after that, Hanover scored once again.

In all, Hanover put up four goals in the first period. With five total goals, the first period was the most offensively-productive time of the game.

While Hanover continued to put the puck in the net, the team played tough defense and was able to shut out the Raiders in the final two periods.

Although the Raiders weren't able to score once again, Hanover matched its first period offensive production in the second frame. Hanover added four more goals in the 15-minute stretch to make it an 8-1 game before the Zamboni hit the ice for the second time.

The game went to a running clock in the third period, and neither team added any more goals.

This marked the second time that these two teams played one another this season; Hanover won the first contest 12-0 on Jan. 5 at the Quincy Youth Arena.

The loss to Hanover last week came two days after the Raiders had a 5-1 win over Somerville. In that win over Somerville, senior defenseman John Lynch led the way offensively with two goals and two assists. Other goal scorers in the game included: junior forward James Rogers, senior defenseman Kevin Salomanowich, and senior forward Pat McDonald. It was McDonald's first career varsity goal. Additionally, junior forward Noah Kear-

ney, junior forward David D'Antona, and junior forward Vinny O'Leary had assists. And both sophomore goalie Aiden McGuinness and senior goalie Jackson Murphy shared time in net as the team got its third win of the season.

The roster for the Raiders this season includes: junior forward Vinny O'Leary, senior forward Ben Snyder, senior defenseman and captain Michael Gorman, freshman forward Thomas Walsh, freshman forward Shea Winters, junior forward David D'Antona, freshman defenseman Brian Buckley, senior goalie Thomas Kelly, senior defenseman Lucas Hooley, senior forward Martin O'Flaherty, junior forward James Rogers, senior forward and captain Michael Steele, senior defenseman and captain John Lynch, senior defenseman Kevin Salomanowich, junior forward Noah Kearney, senior defenseman Sheay Meaney, sophomore forward Charlie McGrail, junior forward Jack Cavicchi, sophomore goalie Aiden McGuinness, and senior goalie Jackson Murphy. The team's head coach is Matt Gibbons.

The next game for the Raiders will take place Saturday, Feb. 19 at Quincy Youth Arena against Brookline (6:40 p.m. start time). The team's season will come to a close Wednesday, Feb. 23 with another home game; they will play Matignon at 7:30 p.m. As of the start of this week, both of those two teams were in the hunt for a playoff spot. Brookline was 8-8 on the season while Matignon was 5-7.

\$16.4M Sought For Pine Hill Cemetery Expansion

Mayor Thomas Koch on Monday submitted a request to borrow \$16.4 million to expand Pine Hill Cemetery, a project that would add more than 13,600 spaces to the West Quincy burial ground.

The request to borrow the \$16.4 million was introduced at Monday's City Council and referred to the council's finance committee for consideration at a later date.

In a press release Monday,

Koch noted the expansion is being proposed following an extended permitting process with state officials. The expansion will allow Quincy residents to purchase burial plots on a pre-need basis for the first time in decades.

"This expansion has been almost 20 years in the making and I am happy that we can provide Quincy residents, especially our seniors, with a local place to

grieve the loss of their loved ones," Koch said in the release. "This expansion could be the last municipal cemetery space available in Quincy. We were close to running out of space before this project and this should provide more than a decade's worth of burials for Quincy residents."

The Pine Hill Cemetery land was purchased from the state in 1953 for the purposes of a municipal cemetery.

The land was developed in various phases until the state prevented further expansion in the late 1990s due to the migratory habitat of the endangered timber rattlesnake. The city has worked through a permitting process with the state that required 15 acres be set aside with a conservation restriction to ensure migratory habitat protection. The remaining seven acres do not impact the habitat and will be de-

veloped as burial space for Quincy residents.

The new space will include 680 new graves in the veterans' section. It will provide cremation niches for the first time, adapting to the growing demand. A new committal structure will allow services to be held in a controlled and quality environment within the cemetery. A welcome center/office will greet visitors to the Willard Street entrance.

Aesthetic improvements will be added throughout the new and existing sections of the cemetery.

"This project not only aims to expand the cemetery but also to improve the existing cemetery out of respect to the people buried at Pine Hill and their loved ones," said Dave Murphy, commissioner of natural resources. "Our municipal cemeteries provide an im-

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NQ Girls' Hoop Cruises To 18-0, Downs P.S. 57-30

Cont'd From Page 21

Gormley, sophomore forward Caroline O'Donnell added to the Raiders offensive total. She hit a pair of free throws to make it a 30-0 game more than halfway through the second quarter.

The Raiders would end up leading 32-7 at half-time. That gave them all of the points that they needed to win the game. However, they continued to put the

ball in the net in the second half; they added 25 more points: 14 in the third quarter, and 11 in the fourth quarter.

Offensively, the Raiders also received a strong performance from sophomore guard and captain Ava Bryan on offense in the win. She finished second on the team with 10 points scored.

Only allowing 30 points in this one means it was

tied for the fewest amount of points the team had let up this season through 18 games played. The Raiders let up 30 points twice before in the season: in a 46-30 win over Brockton on Dec. 20 and in a 48-30 win over the Quincy Presidents on Jan. 21.

The roster for the Raiders this season includes: junior guard Mollie Nelson, junior guard Marybeth Smith,

sophomore guard and captain Orlagh Gormley, senior guard Sara Joma, junior forward and captain Bridget Capone, sophomore center Autumn O'Campos, sophomore guard and captain Ava Bryan, senior guard Stephanie Huang, sophomore forward Jillian Jaehnig, sophomore guard Molly Toland, junior guard Keira Murphy, sophomore guard Ava McGrath, junior center Mia

Pecevich, sophomore guard Ruby Ahern, and sophomore forward Caroline O'Donnell. The team's head coach is Matt Ramponi.

The next game for the Raiders will take place this Friday, Feb. 18 on the road against the Quincy Presidents at 5 p.m. at Quincy High School. (The Quincy and North Quincy boys' basketball teams play at 7

p.m.)

After the Quincy game, the Raiders have two more games on their regular season schedule: a road game against Milton on Monday, Feb. 21 (4:00 p.m. start time); and a road game against Duxbury on Tuesday, Feb. 22 (1:30 p.m. start time). The following week, the MIAA postseason will begin.

QNN Track Results • Patriot League Championships Feb. 10

First	Last	gender	Event	Performance	Place Fisher	Overall Patriot Place	Comments
Caitlin	Cormican	F	1000m	3:40:16	5	10	
Victoria	Mariano	F	1000m	3:52:51	8	18	PR
Sabrina	Egan	F	1000m	4:10:23	10	22	
Sofija	Slezas	F	300m	44.43	3	6	PR/SQ
Melanie	Chretien	F	300m	48.41	6	12	PR
Kendall	Kazmowski	F	300m	52.78	10	19	
QNN	Girls	F	4 X 200m	1:54.88	2	4	PR
QNN	Girls	F	4 x 400m	4:34.40	3	5	PR
Sofija	Slezas	F	55m	7.82	4	7	
Victoria	Rak	F	55m	7.86	6	11	
Jiahin	Lin	F	55m	8.42	15	28	PR
Brianna	Alvarado	F	55m	8.45	17	29	
Kiera	Sleiman	F	55m	8.56	20	35	PR
Amy	Tan	F	55mHH	11.18	7	15	PR
Hannah	Moriarty	F	600m	1:54:07	2	6	PR
Natalia	Kepczynski	F	HJ	5'02"	1	1	PR
Salma	Bouktham	F	Mile	5:26:19	1	3	PR
Aluna	Coogan-Coyne	F	Mile	5:38:54	2	4	
Lauren	Ebong	F	SP	21'05"	11	24	
Grace	McGough	F	SP	26'02"	3	9	PR
Kiera	Sleiman	F	SP	29'01.5"	2	5	PR
Mollie	Nelson	F	Two Miles	13:36:36	2	9	
Shane	Faherty	M	1000m	3:11.05	7	20	PR
David	Schmidt	M	1000m	3:11.19	8	21	
Max	Francouer	M	1000m	3:35.30	14	34	
John	Alessandro	M	300m	38.37	1	5	PR
Oisín	Coogan-Coyne	M	300m	39.22	2	9	PR
Boubakar	Diallo	M	300m	41.13	7	18	PR

Larry	Ching	M	300m	42.08	8	21	PR
Alex	Stankov	M	300m	42.13	9	22	
QNN	BOYS	M	4 X 200M	1:37.09	2	4	PR
QNN	BOYS	M	4 x 400m	4:11.17	3	8	
Matt	Wong	M	55m	6.75	2	3	PR
Will	Ploof	M	55m	7.21	10	27	PR
Vanston	Ly	M	55m	8.40	23	76	
William	Huang	M	55m	8.47	24	77	
Alhassane	Diallo	M	55m	8.73	25	79	
Matt	Gratch	M	55mHH	10.04	5	10	PR
Tristan	Bowler	M	55mHH	10.66	7	16	PR
Elijah	Eno	M	55mHH	10.68	10	21	
Ammar	Chunda	M	55mHH	9.63	3	9	
Giordano	McKenzie	M	55mHH	9.98	4	13	PR
Ben	Dawe	M	600m	1:41.48	6	16	PR
Patrick	Lee	M	600m	1:41.51	7	17	PR
Christopher	Conneely	M	600m	1:46.35	12	25	PR
Giordano	McKenzie	M	LJ	16'09.25"	9	19	
Matt	Wong	M	LJ	18'08"	6	10	
John	Alessandro	M	LJ	18'11.5"	4	6	
Hatim	Bouktham	M	Mile	4:34.94	1	1	
Kyle	Clements	M	Mile	5:01.67	6	14	PR
Matt	Hollatz	M	Mile	5:27.06	9	17	PR
Nathan	Feldman	M	Mile	5:50.98	10	21	PR
William	Lanergan	M	SP	24'10.75"	16	36	
Jeanior	Alexis	M	SP	33'05"	11	19	PR
Matt	Miranda	M	SP	35'07"	7	12	PR
Robert	Cannon	M	Two Miles	10:27.44	1	1	
Team	Total	M	111 points	2nd		5th 46 points	
Team	Total	F	96 points	2nd		6th 34 points	

\$16.4M Sought For Pine Hill Cemetery Expansion

Cont'd From Page 22

portant service and I appreciate Mayor Koch's ongoing interest and support in improvement of all six of our municipal cemeteries."

Quincy maintains three historic cemeteries: Hancock Cemetery, Snug Har-

bor Cemetery, and Sailors' Home Cemetery. Quincy also offers three active cemeteries with Pine Hill, Mount Wollaston, and Hall Cemetery.

The mayor is seeking a \$16.4 million appropriation from the City Council

to fund this endeavor. The sale of lots and associated burial charges will pay for the project and provide additional revenue for perpetual care of the cemetery.

Added Murphy, "We tend to deal with the public during difficult times in their

lives. It is important that we provide quality locations, that are easily accessible to those with travel limitations, in an effort to ease some of the grief and suffering they are experiencing. The finished product at Pine Hill will accomplish that goal for decades to come."

READERS FORUM

Beware Any Attempt To Limit Voting

To the editor:

The right to vote is a fundamental value in our society. The fact that Sal Giarratini, in his letter to the Sun in the 2/10 issue ("Opposes Election-Day Voter Registration"), seeks to limit the right to vote by opposing election-day registration, absentee ballots, and "those drop off ballot boxes, too," is reprehensible. So is his reason: he says that we need to be able to believe in our election process and the vote count. This is telling: the only people who do not "believe" in the election process and the vote count of November 2020 are those who believe the twice-impeached former president's lie that the election was "rigged."

Mr. Giarratini expresses concern about the VOTES Act, currently under consideration on Beacon Hill. The VOTES Act does the following: (1) makes vote-by-mail and expanded early voting permanent; (2) implements same-day voter registration; (3) increases accessibility for eligible incarcerated citizens; and (4) maximizes electoral secu-

rity and integrity. Mr. Giarratini tells us that passage of the VOTES Act would violate the Massachusetts State Constitution, which he refers to as "the document written by John Adams," as if the ink were still wet. This is another lie. Each of the sections of the VOTES Act makes voting more accessible for everyone, but especially for certain groups of people -- students, poor people, urban dwellers, minorities etc. -- who tend to vote Democratic.

The Republicans know that they cannot attract more voters by means of their policies -- they did not even bother with a platform last time -- so instead they seek to limit the number of people who can vote, because they know that they benefit from a depressed turnout. This means that politicians would not be selected by the voters, but that the voters would be selected by the politicians. That isn't democracy.

Beware any attempt to limit voting, no matter how "reasonably" it is expressed, especially when it comes dressed in "election integrity" garb. Remember, if you permit any group's access to the vote to be limited, for whatever reason, sometime in the future it'll be you who is turned away from the ballot box.

Susan Bill
North Quincy

32 Quincy Students On AWHHS Honor Roll

Thirty-two students from Quincy are listed on the second quarter honor roll at Archbishop Williams High School in Braintree.

PRINCIPAL'S LIST

Grade 8: Nicholas Francis, Kendyl Nolan.

Grade 9: Dylan Gorman.

Grade 10: William Cunniff Jr., Isabella McDonnell, Philip Prioli.

Grade 12: Kassandra Genao, Katie Trinh.

FIRST HONORS

Grade 7: Lila Waldron.

Grade 8: Joey Lu, Juliana Prioli.

Grade 9: McKenzie Crowley, Hannah Southwick.

Grade 10: Ellie Houlihan-Gavin, Neve McHugh, Isabella Zhang.

Grade 11: Abigail Dunn, Sam McAnulty, Roseanna Prioli.

Grade 12: Mairead Curran, Maria Geary, Colin Hingston, Cameron Sullivan, Swetha Venkatesan.

SECOND HONORS

Grade 9: Logan Lussier,

Shea Nolan, Keila Pierre.

Grade 10: Francis

Walsh.

Grade 11: Tess O'Neill,

Yuhan (Violet) Zhou.

Grade 12: Renita Chen.

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ANHP Seeks Gardeners, Maintenance Workers

Adams National Historical Park, Quincy, has job openings for seasonal (six months) gardener and maintenance worker positions.

The positions would primarily be working from April to September. They would involve working outdoors and in historic buildings.

The pay is a scale from \$21-26 depending on experience and position. Learn more and apply:

<https://www.usajobs.gov/GetJob/ViewDetails/636752600> Gardener position and <https://www.usajobs.gov/GetJob/ViewDetails/636751300> for the Maintenance Worker positions.

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2022-031

The Quincy City Council will hold a Public Hearing, on Monday, March 7, 2022 at 7:30 PM in accordance with Chapter 20 of the Acts of 2021 signed by Governor Charles D. Baker June 16, 2021, extending certain provisions of the Open Meeting Law, G.L. c. 30A, § 20, the Quincy City Council will be convening via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access and live stream at www.qatv.org in reference to a petition from National Grid for gas main location.

National Grid hereby respectfully requests your consent to the locations of mains as hereinafter described for the transmission and distribution of gas in and under the following public streets, lanes, highways and places of the City of Quincy and of the pipes, valves, governors, manholes and other structures, fixtures and appurtenances designed or intended to protect or operate said mains and accomplish the objects of said Company; and the digging up and opening the ground to lay or place same:

To install maintain 150 feet of 4-inch Plastic main extending from the exiting 12-inch Cast Iron Main in Quincy Ave. To install and maintain two services each up to 25feet of 4-inch Plastic, service extending from the proposed 4-inch Plastic main.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M. Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on March 7th to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy.

Join Zoom Meeting --
<https://us06web.zoom.us/j/81900499630?pwd=NVZxSEVZTk02ZEYzMkJK1d2ZnV1Zz09>

Meeting ID: 819 0049 9630 Passcode:243743

Dial by your location -- 312-626-6799 US(Chicago) -- 929 436 2866 US (New York)

Meeting ID: 819 0049 9630 Passcode:243743

Find your local number: <https://us06web.zoom.us/j/81900499630>

Nicole L. Crispo
Clerk of the Council

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2022-032

The Quincy City Council will hold a Public Hearing, on Monday, March 7, 2022 at 7:35 PM in accordance with Chapter 20 of the Acts of 2021 signed by Governor Charles D. Baker June 16, 2021, extending certain provisions of the Open Meeting Law, G.L. c. 30A, § 20, the Quincy City Council will be convening via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access and live stream at www.qatv.org in reference to a petition from Mass Electric for pole locations.

Massachusetts Electric Company be and they are hereby granted locations for and permission to erect and maintain poles and wires to be placed thereon, together with such sustaining and protecting fixtures as said companies may deem necessary, in the public way or ways hereinafter referred to, as requested in petition of said companies dated 29th day of January 2022

Quincy St
P25-1 Quincy St
P25-1 Quincy St to be located approximately 52ft SW of P25. New Pole required to provide electric service to new building erected at 73 Liberty Street.
Plan No. 30525819 Date: 1/27/2022

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M. Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on March 7th to be entered into the record.

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Meeting ID: 819 0049 9630 Passcode:243743

Dial by your location -- 312-626-6799 US(Chicago) -- 929 436 2866 US (New York)

Meeting ID: 819 0049 9630 Passcode:243743

Find your local number: <https://us06web.zoom.us/j/81900499630>

Nicole L. Crispo
Clerk of the Council

Cold Starts, Oxygen Sensors, Battery Chargers

Ask John Paul: AAA New England's Car Doctor
Senior Manager, Public Affairs and Traffic Safety

I have a 2005 Toyota RAV 4 which was very well taken care of by the previous owner. My problem is when I initially try to start it from cold it will not start on the first turn of the key. It will on the second or on rare occasions the third. It always starts and runs beautifully, any thoughts?

The best thing to do would be to leave the vehicle overnight at a repair shop so the technician can experience the no-start issue. The problem could be a weak fuel pump, leaking fuel injectors, worn starter, weak battery or faulty temperature sensor. A good technician will be able to test and determine the issue more accurately if they can experience the issue themselves.

I have a 2012 Nissan Versa. For the past two months, a message has been appearing "service engine soon." It appears for a while and then disappears. When it was on, I brought it to my local mechanic who diagnosed it as needing a "mass air flow sensor" issue. The car is running smooth, no hesitation while driving, etc. The light is presently not showing. My question is should I have the part installed or ignore it as being a "sensitive sensor" and not needing replacement at all? The work is going to be rather costly and would definitely not want to have the work done if it's not totally necessary.

Although the code points to the mass air flow sensor as the issue, the actual problem may not be the sensor. The check engine light could be caused by a wiring issue, air intake leak or even a dirty contaminated sensor. Although there is something wrong with the car, waiting until the light is on steady could make for a more accurate diagnosis.

I have a 2000 Lexus ES with just 28,000 original miles and am the original owner. My car has always been garaged and is in pristine condition. However it's recently been having a problem with the oxygen sensors. I brought it to the dealership a number of times, this time they kept it for a couple of weeks and could not duplicate the problem. I spoke to the mechanic, and he said everything according to his computer and his inspection that the car is operating perfectly. But he said that the sensor in the front which was changed a few years ago had a corrosive buildup around the holes of the sensor which he was curious about and asked me did I clean the engine with anything - which I didn't. I asked him to replace the sensor again and let's see what happens. Have you any knowledge of this specific problems with these oxygen sensors?

Oxygen sensors fail for numerous reasons: fuel contamination, silicone contamination, coolant contamination or oil consumption. If the engine is not using oil or coolant, there is no signs of silicone gasket use or fuel contamination, then it could be a faulty sensor. One other odd possibility, I have seen some technicians use anti-seize lubricant on sensors to make installation and removal easier. This anti-seize product can also contaminate an oxygen's sensor.

I have seen you mention using a battery charger to keep batteries fully charged and you typically recommend a Battery Tender battery maintainer. The issue with these units is you need to plug them in. What do you think of solar chargers? I see solar panels on houses but not on cars.

I recommend the Battery Tender because that is what I use on my own car and have been happy with the outcome. I haven't personally tested any specific brand of solar charger, but I have seen them used on boats and heavy equipment for maintenance (not recharging a discharged battery). If you live in a sunny climate a solar charger may work.

Recently there have been reports of hundreds of people being stuck in their cars for up to 24 hours on highways in the Northeast, due to ice and snowstorms. One

Do you have a car question?

Every question gets a personal reply.
Email John jpaul@aaanortheast.com

major complaint was that they were freezing because they "ran out of gas." There was no mention of people in all electric cars "running out of electricity." My question is: how long will the battery keep an electric vehicle warm? Also, when help finally comes, the tow truck drivers could pour a gallon of gas in the car and drive away. I assume that the electric ones would have to be towed away to be charged. Is this the future we have to look forward to?

Before heading out it is always best to have at least a half a tank of fuel. With a gasoline car that had seven gallons of gas that would allow up to 20 hours of engine operation if the engine is used to just keep the car warm. With an electric vehicle I have seen reports that with an electric car with a charged battery can operate anywhere from 15-24 hours to keep the cabin warm. At AAA we are testing mobile electric vehicle charging now. At this point it is the equivalent of a portable level II charger that provides (depending on the vehicle) about one mile per minute of charging. In the future we are also looking at EV to EV recharging which could offer even faster charge times.

I have a 2011 SCION xD with 160,000 miles on it. I was at the Toyota dealer and they found excessive play in rear wheel bearings. They told me the cost to replace the bearings would be \$2,160. They also noted front struts are leaking and quoted me \$2,152 to replace the struts. Are either of these problems something I need to deal with right away?

Worn wheel bearings are usually identified by noise, movement and sometimes an ABS light. If the wheel bearings are worn, they should be replaced. These are sealed units and should have no movement when checked and should be quiet when the wheels are turning. The struts to some extent are more of a comfort issue, unless they are badly worn and then the handling could be affected. Regarding cost, the hub and bearing assembly from Toyota are almost \$500 each. If you were trying to save some money you could use a quality aftermarket part which is about half the price.

I drive a 2013 Hyundai Elantra 4 door. I have been taking it to a dealer for oil changes to make sure the warranty is maintained. They have been great for years, but they had staffing changes. When I got home, I checked the fill when it was cold. The level was up onto the round part of the dipstick. I called and spoke to the service manager. He told me it was fine to be that full. I then asked why it says do not overfill on the stick. At that point he basically told me that he knows more than the car manufacturer. I then checked my wife's 2009 Elantra which they did about 6 months before. It was also way over full. It seems like they just dump five quarts (the manual says four liters) into any car. The web seems to have many different opinions on if this is bad or not. I don't know which ones to trust. I trust yours. Would you mind weighing in on this, please?

I believe oil level is extremely important. The proper oil refilling procedure on your car would be to add four quarts of oil, start the car, check the oil and then add oil to the full mark. Regarding checking the oil, the proper procedure is to get the engine up to operating temperature, shut it off, let it sit a couple of minutes (to allow the oil to drain back into the oil pan) and then check the oil.

I have 2009 Toyota Matrix with only about 29,500 miles on it. I always use regular gas, but once in a while I



JOHN PAUL
AAA's Car Doctor

fill it with the next grade or super for a "treat." I find the car a bit peppier when I do, but it's good with regular too. Any harm or benefit to this?

At AAA we have tested using premium fuel in cars that don't require it and found no difference in performance. One reason you may see some performance difference is a combination of low mileage and age may have caused a carbon build up in the combustion chamber, essentially raising the engine compression slightly. The higher-octane fuel helps prevent engine detonation and adds a little pep. Better would be to use TopTier fuel (top-tiergas.com) which has extra additive to help clean carbon deposits that build up in the engine.

I purchased a 2019 Toyota RAV 4 in October of 2020 with 10,400 miles on it. I like the car, no problem there. It came with a factory installed remote start that I used a few times last winter. When I went to use it this winter, it would not work. Come to find out I was on some kind of "service contract" good for six months. I was not aware of this, nor was I informed of this at the time of purchase. I found out by a couple of trips to the dealer speaking to the manager. After calling Toyota's service line I found that in order to use the remote start I had to pay \$8 a month or \$80 dollars a year. I almost fell off my chair. I never heard of such a thing. It's like having to pay to use my brakes. I was also told that other companies are doing the same thing. I have not heard of another auto maker yet who charges for these. Have you ever heard of such nonsense?

Toyota received a lot of backlash over this decision. The remote start feature is tied into the phone app - which is subscription based. It is my understanding that the key fob should still activate the remote start, even without renewing the app. While Toyota is trying to make up its mind on this issue try this trick. Using the key-fob, press the lock button quickly twice and then once again for a longer time - so lock, lock and then looock. Regarding more technology nonsense, I read recently BMW was charging to Apple CarPlay and again after pushback from their customers, eliminated the \$80 annual fee. Readers have you experienced a surprise with subscription-based systems? Let me know what you think.

I own a 2008 Subaru Impreza 2.5 hatchback with approximately 37,000 miles on it. Although it runs fine, and I stay on top of all maintenance, I reviewed the Subaru recommendation for replacement of the timing belt on the interference engine which states to replace original belt at 105 months or 105,000 miles. My car is now 168 months old, and I had the belt checked recently by my mechanic and he says it looks good with little indication of wear. To be safe given the engine and owner's manual recommendation I plan to replace the timing belt, drive belts, water pump with all new components. I trust my independent mechanic to do the work with specified components. Would you agree with this approach?

If I recently purchased your low mileage 14-year-old Subaru, the first thing that I would do is exactly what you are planning. Although the belts may last longer to reduce my anxiety about possible timing belt failure and catastrophic engine failure this is money well spent.

I have a 2018 Subaru Forester I recently purchased for my daughter's use. I understand the CVT transmission fluid is changed at 100,000 mile per Subaru North America. When looking online the recommendation is quite different in Japan and Canada where the recommendation is to drain and refill the fluid at three years or 36,000 miles. Do you have an opinion on this matter?

If this were my car, I would follow the recommendations in the owner's manual that came with the car. Certainly, replacing the fluid every three years can't hurt, but doesn't seem necessary.

I have a 2005 Chevy Cobalt. My key fob needs to be

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Dear Heart of Jesus, in the past, I have asked for many favors.
This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine.
Amen.

Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. E.K. 2/17

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Amen.

Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. J.R. 2/17

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ST. ANTHONY, ST. JOSEPH,
ST. PEREGRINE,
ST. THERESA
J.D. 4/14

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THIS CONTRACT RATE IN THE
EVENT OF CANCELLATION.
DEADLINE: FRIDAY
AT 4PM. PLEASE
INCLUDE YOUR
PHONE NUMBER IN AD.

OBITUARIES

Brian D. Donovan, 60

Brian D. Donovan, age 60, of Quincy, died unexpectedly, Thursday, February 3, 2022 on his birthday.

Brian was born in Milton, raised and educated in Quincy, where he lived for most of his life before moving to Weymouth and Braintree.

He was a graduate of Quincy High School, Class of 1980. Brian was an all-around gifted athlete and played many sports as a teenager. He was a baseball all-star and participated in Quincy Youth Football while learning under his admired Coach Frankie Brillo. His specialty was basketball. With his 6'5 height and skills, Brian became a Patriot Ledger and Boston Globe all-scholastic



BRIAN D. DONOVAN

at Quincy High School. He was selected to attend the prestigious 5-Star basketball camp in Pennsylvania for nationally recruited players. He went on to earn full basketball scholarships at St. Joseph's College of Maine and UMASS-Boston.

After college, Brian became an avid and talented golfer. As a member of the Furnace Brook Golf Club, he competed in many tournaments with his lifelong best friend, Paul Bandera. He also loved to spend time deep sea tuna fishing with his friends.

He was a member of the Teamsters Union Local #1 for over thirty-five years and was employed at the Boston Herald and Boston Globe.

Son of Janet M. (Sullivan) Donovan of Rockland and the late John J. "Jack" Donovan, Jr., Major, Army National Guard of Massachusetts, Retired.

Brother of John K. "Jack" Donovan and his fiancée Joanie Carroll of Whitman.

Nephew of Richard "Dick" Donovan and his wife Carol, Jim Donovan and his wife Eve, all of Braintree, Nancy Daniels and her husband Norman of Quincy, Eddie Mahoney and his wife Patty of Plymouth, and the late Janet Volpe and her late husband John.

Longtime friend of Richard "Dick" Comeau, Jr. of Pembroke.

Brian is also survived by many cousins.

At the request of the family, funeral services were private.

For those who wish, donations in Brian's memory may be made to Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301 or Boston Children's Hospital, c/o Boston Children's Hospital Trust, 401 Park Dr., Suite 602, Boston, MA 02215.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit thesweeneybrothers.com or call 617-472-6344.

William Robinson Jr., 58

In Boston, William Robinson Jr., age 58, passed away peacefully following a brief illness while surrounded by his loving family on Feb. 3, 2022.

William is survived by his beloved wife Noelle (Madrigale) Robinson. He was born in Quincy, the son of the late William & Esther (Egnet) Robinson Sr.

William had been an East Taunton resident for the past 20 years and was formerly of Quincy and Weymouth. He was educated in Quincy schools and graduated from North Adams State and received his Masters degree from Northeastern University. William served on the Weymouth 3rd of July committee. William worked as



WILLIAM ROBINSON JR.

a risk manager for Sevia, formerly the Mentor Network in Boston. He enjoyed camping, boating, salt water fishing, his dogs, Wednesday night polka with the boys and above all cherished his time with his family.

William leaves his two loving daughters, Kathryn

and Emily Robinson of East Taunton, his sister, Linda Gineitis of Chadds Ford, PA and the late Janet Robinson, formerly of FL. William also leaves several nieces and nephews and many friends.

A funeral home service was held Feb. 10 at the O'Keefe Wade Funeral Home, 70 Washington St., Taunton, MA 02780. Burial is private.

In lieu of flowers donations in William's memory may be made to Diabetes Association, 2451 Crystal Dr., Suite 900, Arlington, VA, 22202.

Visit our website okeefewade.com to sign the online guestbook, obituaries & directions.

William F. Hughes, 92

William F. Hughes, of Weymouth, formerly of West Quincy, died Feb. 7, 2022 at the age of 92.

Beloved husband of 45 years to the late Barbara J. (Barton) Hughes. Loving father of Claire Hughes Smith of Norwell and the late Michael W. Smith of Gettysburg, PA; and her sister Lenore C. Walker and her husband Bruce Walker, DVM, of Weymouth. Cherished "Bunga" of James Smith of Raleigh, NC and Catherine Smith of Norwell. Dear brother of Irene Hughes of Quincy, the late Patricia Hughes, the late Mary George, the late Ann MacKinnon, and the late Henry Hughes, Jr. Companion of Ellen Nicholson of Centerville.

Bill proudly served his country in the U.S. Navy, (N.A.S. Pearl Harbor & N.A.S. Atsugi, Japan), in the Far East during the Korean Conflict. He received both his Bachelor's and Master's degree from Bridgewater State University. In 1994, after 40 years of service in education, Bill retired as a Principal in the Weymouth Public Schools. He was also a longtime employee of



WILLIAM F. HUGHES

South Shore Bank. Bill was a member of the Knights of Columbus, #5027, St. Francis Xavier Council as well as a Weymouth Town Member from Precinct 12 for 25 years.

Relatives and friends are respectfully invited to attend the visiting hours on Monday 4-8 PM in the McDonald Keohane Funeral Home SOUTH WEYMOUTH at 809 Main Street (Rte 18 opp. So. Shore Hospital). Relatives and friends will gather in the funeral home at 9 AM on Tuesday prior to the Funeral Mass in St. Francis Xavier Church, Weymouth at 10 a.m. Burial will follow in Blue Hill Cemetery, Braintree.

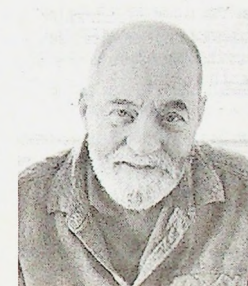
See Keohane.com for directions and online condolences or call 781-335-0045.

Derek Jones

Derek Jones passed away Feb. 6, 2022 after a brief period of failing health, at the Eliot Center for Health & Rehabilitation in Natick, MA.

He was born in Brighton, MA on Jan. 30, 1943 the loving son of the late Grace (Tehan) Jones and Carroll Jones. He leaves a sister, Carol Hallett and her husband Clifford of Weymouth (formerly of Quincy), a niece Carrie MacLean and nephew Chad Hallett, 2 great-nephews, 1 great-niece and several cousins.

Derek was a truck driver for most of his life and traveled all across the United States. He thought nothing of a spur of the moment road trip. He lived in several states including Massachusetts, New Hampshire, Maine,



DEREK JONES

Florida, Pennsylvania, South Carolina, and Arkansas. Aside from enjoying the various vehicles he owned over the years, the greatest joys in his life were his beloved dogs. "I've lived a life that's full. I've traveled each and every highway. And more, much more than this, I did it my way."

Donations in Derek's memory may be made to the Houghs Neck Congregational Church, 310 Manet Ave., Quincy, MA 02169 or to the Quincy Animal Shelter, 56 Broad St., Quincy, MA 02169.

The family is planning a private funeral at the Houghs Neck Congregational Church in Quincy. Burial will take place later at Woodbine Cemetery in Ellsworth, Maine.

Funeral arrangements by Hamel-Lydon Chapel and Cremation Service of MA, 650 Hancock St., Quincy, MA.

The family wishes to thank the staff at the Eliot Center for the care and comfort they gave to Derek.

Frances E. Boyle, 83

Frances E. (Hicks) Boyle, age 83, a lifelong resident of Quincy, died peacefully, Sunday, Feb. 6, 2022 at South Shore Hospital in Weymouth, in the comfort of her loving family.

Frances was born in Bos-

ton, to the late Frank and Eleanor (Vardaro) Hicks. She was raised and educated in Quincy.

She was employed at Dunkin' Donuts in Squantum for over thirty years. Frances was also a devoted homemaker and enjoyed spending time with her family.

Beloved wife of the late Joseph G. Boyle.

Devoted mother of Joanne M. Simpson of N.H., Patricia A. "Patty" Stewart of Quincy, and the late Dorothy A. Boyle.

Loving grandmother of Matthew R. Boyle, Amanda A. Boyle, Kevin F. Boyle, April Stewart, and the late Anthony J. Boyle.

Cherished great-grandmother of Adelyn, Alanna, Matthew, Devin, Gianna, and Joseph.

Dear sister of Janet Reynolds of Quincy, Dorothy Rodden of Weymouth, and the late George Hicks.

Frances is also survived by many nieces and nephews.



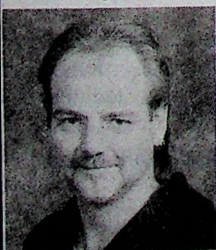
FRANCES E. BOYLE

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Sunday. Funeral Services were conducted at the funeral home on Monday. Interment at the Massachusetts National Cemetery, Bourne.

In lieu of flowers, donations in Frances' memory may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

In Loving Memory



Andrew M. Westphal
February 18, 1968
July 10, 2019

We miss you and we will never forget you.

God's Garden

God looked around his garden
And found an empty place.
He then looked down upon the earth
And saw your tired face.
He put his arms around you
And lifted you to rest.
God's garden must be beautiful
He always takes the best.
He knew that you were suffering
He knew that you were in pain
He knew that you would never
Get well on earth again.
He saw the road was getting rough
And the hills were hard to climb.
So he closed your weary eyelids
And whispered "Peace be thine".
It broke our hearts to lose you
But you didn't go alone.
For part of us went with you
The day God called you home.

Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Elizabeth Breslin Robertson, 74

Elizabeth Breslin Robertson, Ph.D. She was Liz or Lizzy to her friends and colleagues, and Mia to her beloved grandchildren. As she wished, Liz died peacefully at her home in Washington Grove, Maryland, surrounded by her husband William (Bill) Robertson and several close friends on Dec. 28, 2021. She was 74.

Liz was born on June 28, 1947, at Brigham and Women's Hospital in Boston, Massachusetts. She spent her childhood in Squantum, Massachusetts. Liz was pre-deceased by her father, James (Jim) Breslin, her mother Frances (Doucette) Breslin, and brothers Paul Breslin and Philip Breslin.

Liz had the rare good fortune to be passionate about both her personal and professional life. She was fiercely devoted to her family and friends. She was equally dedicated to her work: her focus on child development — in particular, preventing drug abuse among children — came from a profound, life-long love of and concern for the children she encountered, both her own and those of her friends and the communities in which she lived.

Her many loving friendships spanning her lifetime spoke to her kind and open nature, and, of course, her love of a good party. Like her love of children, her love of small animals came from her deep-seated desire to protect the small and vulnerable. And her love of life was expressed in the joy she took from beauty in her surroundings: she lived in many lovely neighborhoods, grew delightful gardens, and redesigned a number of houses (her final home in Washington Grove garnered her the town's Outstanding Renovation Award in 2013).

In 1993, when Liz and Bill moved to Washington, D.C., they became active at All Saints Episcopal Church in Chevy Chase, Maryland. The church community, where she found many meaningful lifelong friendships, was an important part of Liz's life and her memorial service will be held there.

Dr. Robertson started her career as an instructor at the University of Alabama Child Development Lab in the late 1970's. Dr. Robertson continued her career and had a major influence on the field of drug abuse prevention science through her scholarship, leadership, advocacy, outreach, and mentoring activities. She served as a Health Scientist Administrator (1995-1997), Chief of the Prevention Research Branch (1997-2011) and Senior Advisor for Prevention Research (2011-2014) at the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health (NIH). In 2014, she was awarded the Society for Prevention Research's (SPR) Presidential Award for her lifetime contributions and received the SPR Fellowship for her substantial body of work, which had a broad and significant impact on prevention science. A visionary and luminary in the field of prevention science, she advocated tirelessly in support of funding research expanding developmental, cultural, and social contexts in order to create innovative prevention interventions that were needed and that succeeded. Dr. Robertson's contributions to prevention research span the written to the spoken word, including invited presentations, peer-reviewed articles, book chapters, and monographs. She was always very gener-

ous with her time. She welcomed an opportunity to support others by providing consultations, organizing scientific meetings, and serving on committees and boards, in the United States and abroad. Always creative in her thinking, she encouraged and inspired the same in others. Post-retirement, she was invited to return to the University of Alabama, where her career began. Dr. Robertson served as Senior Associate Dean for Research in the College of Human Environmental Science. Dr. Robertson left this position in 2020, when she moved, with her husband Bill, back to her adopted home in Washington Grove, Maryland.

A graduate of Quincy High School, in Quincy, Massachusetts, Liz went on to obtain a BS in Nutrition at Framingham State College (1969), and MS in Child Development and Family Relations, University of Illinois Urbana-Champaign (1971) and a PhD in Child Development, University of North Carolina (Greensboro) (1988), followed by a post-doctoral fellowship at the Carolina Consortium on Human Development and the Carolina Population Center, University of North Carolina at Chapel Hill (1990).

Liz is loved and will be missed by her husband Bill Robertson, daughter Nancy, granddaughters Morgan, Meagan, Hailey and Paige, cousins, friends, and colleagues. Her family and friends celebrate her love of life, her sense of adventure, and her enthusiasm for helping the individuals and communities in her life with any projects and challenges they presented to her.

A memorial service is planned for the spring. If so moved, donations in memory of Liz may be sent to local organizations that feed the hungry: Manna Food: Manna Food Center — Fighting hunger in Montgomery County (mannafood.org); Maryland Food Bank/Feeding America (mdfoodbank.org); and Children's Defense Fund (childrensdefense.org).



WILLIAM J. BOCK

Over the years, he owned, built, and maintained many muscle cars. Bill was happiest when he was on the water diving, fishing, and lobstering.

Bill served proudly in the U.S. Marines.

A memorial service is planned for a later date.

Funeral arrangements were made by Casper Funeral Services, Boston.

**More
Obituaries
online
at
www.The-Quincy-Sun.com**

Dominic Stasio, 64



DOMINIC STASIO

warmly remembered for his wry humor.

His love of aviation extended beyond his work, and he attained his pilot's license after banking the final requisite flight hours at the Grand Canyon.

Dom had a passion for fishing and boats, and he and his siblings spent countless weekends on the ocean pursuing the Big One. He enjoyed refurbishing boats and all things mechanical.

Dominic Stasio, of Hingham, died peacefully at home on Sunday, February 6, 2022. He was 64.

Born in Japan and raised in Quincy, Dom graduated from North Quincy High School. He earned his bachelor's degree in Mechanical Engineering at the University of Massachusetts Amherst, where he was an inductee of the national engineering honor society Tau Beta Pi.

In 1979, Dom began what became a distinguished 43-year career with the Aviation Division of the General Electric Company in Lynn. He was known for his deep engineering knowledge, collegiality, and impact on critical projects, including the engines developed for US Navy and US Air Force aircraft. He's also

Robert F. Fitzpatrick



ROBERT F. FITZPATRICK

Bob also served on the Quincy Youth Commission, the Board of the Girls Home, and managed the Orioles to Farm League titles in Quincy Youth Baseball. Bob was an active member of the North Quincy Knights of Columbus, Council 2259, where he made many lifelong friendships (and won many cribbage tournaments). Bob served as the unofficial "Social Director" for his friends organizing trips, dinners, and shenanigans everywhere from Cape Cod to Bermuda. He was Herring Pond Horseshoe Champion 1975-77.

Bob often power walked the Sugar Bowl loop at Castle Island in South Boston, a daily ritual that contributed to his good health and longevity. By 2016, he was thought to have completed more laps around Castle Island than nearly everyone in New England. Bob later taught his grandchildren to walk Castle Island with the promise of an ice cream reward at Sullivan's.

Bob's love of the water was born of his Navy service. He and Margie loved to sail the seas to Bermuda, Aruba and beyond. Bob also had a deep and abiding love for Ireland and family there. He was an avid Boston sports fan and an original Boston Patriots season ticket holder.

Bob later met Juanita

Most recently, he adopted a dog that he adored.

Kind hearted, selfless, and devoted to family, Dom was the cherished son of Nancy (Hisayo) and the late Francis. Beloved brother of Frank; Andrew and his wife, Joanne; Julia; and James and his partner, Misty. Loving uncle to Lauren, Julia, Elizabeth, David, Anthony, and Jillian. His home became the center of all our gatherings and because of him we have so many warm memories of being together.

Dom's visiting hours and funeral services will be held privately.

In lieu of flowers, memorial contributions may be sent in Dom's name to the charitable organization of one's choice.

See Keohane.com for online condolences.

Briznow of Farmingdale, Maine, with whom he would spend the last several years of his life in Quincy, Florida and Maine. Juanita was a great friend and loving companion.

Bob was the beloved husband of the late Marjorie Fitzpatrick. He was the loving father of his son Robert Jr. and his wife Maribeth of Duxbury, his son James and his wife Patricia of West Palm Beach, FL, his daughter Carol and her husband Michael O'Reilly of Mansfield, his daughter Kathleen and her husband Paul Ciarfella of Groton, his son Richard and his wife Jeanne of Cohasset and his daughter Anne and her partner Chris Penland of Watertown. He was the proud "Grandpa" of Sophia, Michael, Meaghan, Molly, Bridget, Shamus, Lauren, Katherine, John, Paul, Erin, Matthew and great-grandfather to Henry. He was the loving brother of Florence McMahon of Arlington, the late Virginia Flaherty of Wilmington and the late Richard Fitzpatrick of Dixon, CA. He is also survived by many nieces and nephews, as well as extended family in Ireland.

Visiting hours were Monday in Keohane Funeral Home, 785 Hancock St., Quincy. A funeral Mass was celebrated Tuesday in Sacred Heart Church, North Quincy.

Private interment in Massachusetts National Cemetery, Bourne.

In lieu of flowers, donations in Bob's memory may be made to The Quincy Youth Hockey Association, Inc., 60 Murphy Memorial Dr., Quincy, MA 02169.

See Keohane.com for directions and online condolences.

William J. Bock of Quincy died Feb. 4. Former husband of Barbara Standrick. Stepfather of Sean Tallent and his wife, Teri and father to Stanley Standrick and his wife, Regina.

Brother of Cecilia Flynn and her husband Mark, Deborah Foster and her husband Wade, Pamela Pringle and her late husband Robert, Charles Bock and his wife Kathleen, Timothy Bock and his wife Jacqueline, Barbara Bock, and the late Elizabeth and Steven Bock.

Bill was also survived by several nephews, nieces, grandnephews, grandnieces and his dog, Damsel. Bill was the son of the late William G. Bock and Barbara A. White.

Bill enjoyed landscaping, painting boats, working on cars, and smoking cigars.

OBITUARIES

John C. Murphy, Sr.

Quincy Fire Lieutenant John C. Murphy Sr. retired, passed away peacefully at home with his family by his side and entered into the presence of his savior Jesus Christ on Feb. 5, 2022 after a 5-year struggle with Parkinson's Disease.

Born in South Boston, to William Francis and Mary

Bridget (Sullivan) Murphy in 1934. He was raised in Houghs Neck and graduated from Quincy High School Class of 1954. He served in the United States Army during the Korean War era from 1954 to 1956 and was stationed at Fort Buckner, Okinawa. He was recalled into the United States Army

once again in October 1961 for the Berlin Wall Crisis to serve for an additional year. John graduated from the Fore River Shipyard Apprentice program and worked as an outside machinist until he was appointed as a firefighter for the City of Quincy in May 1962. During his career, he worked in several stations throughout the city and retired from Engine 6 in Houghs Neck on Aug. 30, 1996, after serving a total of



JOHN C. MURPHY, SR.

34 years.

John was a member of the Quincy Retirement Board for many years.

He was a member of the Quincy High School Class of 1954 Reunion Committee, coordinating many of the class reunions. He was also involved in many local election campaigns. John attended exercise classes at the Quincy YMCA where he developed many new friendships over the years. Most of all, he was known for his 9-mile walks, exploring the city he loved.

Accompanied by his wife, he enjoyed traveling to Hawaii, the Caribbean, Alaska, and the Panama Canal. Together they wintered in Florida. He also enjoyed visiting his friends in Limerick, Ireland.

John was devoted to his four children, thirteen grandchildren, and nine great grandchildren spending much of his retirement attending their sporting events, activities, graduations, and celebrations.

Loving husband of 64 years to Roberta (Forbush) Murphy. Caring father of Michele Wilbur (Jonathan) of Weymouth, John Murphy (Joann) of Boston, Russell Murphy (Susan) of Dallas, GA and David Murphy (Pamela) of Plymouth. He was affectionately known as Papa to Christopher Wilbur (Danielle) of Blue Bell, PA, Laura Murphy (Stephen) of Pembroke, John Murphy III (Kelsey) of Pembroke, Emma Venteicher (Andrew) of Edina, MN, Thomas Murphy of Quincy, Kevin Murphy of Lake Mary, FL, Caroline Wilbur of Weymouth, Sean Murphy of

Plymouth, Benjamin Murphy of Boston, Patrick Murphy of Dallas, GA, Nathan Murphy of Boston, Mitchell Murphy of Plymouth and the late Matthew Murphy of Plymouth. Great grandchildren Addison and Violet Wilbur, Katelyn and Rachel Murphy, Evelyn, Eloise, and Elijah Venteicher, John IV and Jocelyn Murphy.

John also leaves behind three sisters Esther Mulaney, Marjorie Comoletti and Veronica Mormino, and sisters-in-law Lois Murphy and Betty Holland. John cherished his 57-year friendship with Weymouth Firefighter Paul Horgan. He was also the brother of the late Richard Murphy (QFD), Theresa MacNeil, and William F. Murphy, Jr. (QPD).

Relatives and friends are respectfully invited to greet the family during the visiting hours on Friday 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., QUINCY. A funeral service will be conducted at Bethany Congregational Church, 18 Spear St., Quincy at 10 a.m. on Saturday, Feb. 19. Burial will follow at the Old North Cemetery, 126 Norton St., Weymouth.

In lieu of flowers, contributions can be made to Tunnel to Towers Foundation, 2361 Hylan Blvd., Staten Island, NY 10306 or Old Colony Hospice, 321 Manley St., West Bridgewater, MA 02379.

Please see Keohane.com for directions and online condolences.

NOTICE OF PUBLIC HEARING

Case ZBA 21-54

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 8, 2022 @ 5:30 P.M. to consider the application of Caitlin M. Barry-King & Robin T. King for a Special Permit Flood Plain/Variance to construct a second story on the existing garage to create third unit in violation of Title 17 as amended, Chapter 8.1.9 (special permit flood plain), Chapter 3.4.2 (finding) and Chapter 4.0 (dimensional requirements) on the premises numbered **122 HAMDEN CIRCLE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals - Virtual Meeting
Time: Mar 8, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/87840441244?pwd=YXRNSVBiSHNzNDNFWRJzc3V2bDdDdDUT09>

Meeting ID: 878 4044 1244

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 878 4044 1244

Passcode: 414992

Find your local number: <https://us06web.zoom.us/j/kbh0Of9US>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/17/22, 2/24/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-7

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 8, 2022 @ 5:30 P.M. to consider the application of William A. Kennedy for a Variance to construct a 25' x 27' two story, one vehicle garage on this vacant land to house a commercial vehicle, tools and office in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 3.0. Appendix A (use regulations) on the premises numbered **R13 TOWN HILL STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Meeting ID: 878 4044 1244

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

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Passcode: 414992

Find your local number: <https://us06web.zoom.us/j/kbh0Of9US>

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Martin Aikens, Chairman

2/17/22, 2/24/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-9

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 8, 2022 @ 5:30 P.M. to consider the application of Gavin Driscoll for a Finding to enclose the existing front porch in violation of Title 17 as amended, Chapter 3.4.3 (nonconforming structures) on the premises numbered **26 COPLEY STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Meeting ID: 878 4044 1244

Passcode: Quincy

Dial by your location

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Passcode: 414992

Find your local number: <https://us06web.zoom.us/j/kbh0Of9US>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/17/22, 2/24/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-10

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 8, 2022 @ 5:30 P.M. to consider the application of Min Xiao for a Finding to convert the existing front porch into an enclosed sunroom in violation of Title 17 as amended, Chapter 3.4.3 (nonconforming structures) on the premises numbered **12 ELM AVENUE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Martin Aikens, Chairman

2/17/22, 2/24/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-11

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 8, 2022 @ 5:30 P.M. to consider the application of Sara Stanton for a Variance to subdivide the property at 15 Stoughton Street and combine the land and garage located at 15 Stoughton Street into the parcel at 854 Sea Street in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered **15 STOUGHTON STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Passcode: 414992

Find your local number: <https://us06web.zoom.us/j/kbh0Of9US>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

2/17/22, 2/24/22

Omicron Surge Has Peaked, Health Commissioner Says

By SCOTT JACKSON

The surge in COVID-19 cases linked to the spread of the omicron variant of the virus has peaked, Quincy Health Commissioner Marli Caslli told city councillors Monday evening.

Caslli provided an update on COVID-19 cases in the city at the council meeting on Monday evening. The omicron variant was first detected in the state on Dec. 4, and Caslli noted new COVID-19 cases in Quincy began rising around the same time period, peaking at 2,001 cases the week ending on Jan. 6 after Christmas and New Year's Eve. The number of new cases has declined each week since then; there were 138 new cases the week ending on Feb. 10.

"We've come a long way compared to where we were just a month ago," Caslli

said. "We're continuing to see a decrease."

The first confirmed case of COVID-19 in Quincy was reported in March 2020. A total of 4,124 cases of COVID-19 were confirmed in the city in 2020, Caslli said Monday, including 194 confirmed deaths and 224 confirmed hospitalizations. The hospitalizations include patients who recovered and those who died.

Last year, a total of 8,463 COVID-19 cases were reported in the city. There were 56 confirmed deaths and 93 confirmed hospitalizations in all of 2021.

Vaccination rates in the city continue to climb, Caslli said. As of Feb. 10, 89 percent of all Quincy residents have gotten at least one dose of a COVID-19 vaccine and 79 percent of residents are fully vaccinated, meaning

they have received two doses of the Moderna or Pfizer vaccines or a single dose of the Johnson & Johnson vaccine. In addition, 44 percent of all residents have gotten a booster dose.

Caslli was optimistic more residents would get booster shots with weather improving.

"The snowstorm has prevented many people from going outdoors to get these vaccines and we hope we'll be over 50 percent in the coming weeks," he said.

The Health Department distributed 18,900 rapid COVID-19 tests to Quincy residents in December and 75,000 KN95 masks last month. Caslli said the department would soon be receiving additional rapid tests and masks to distribute to the public.

"We are expecting to get

more KN95 masks in the future and our test kits that we ordered back in early January are arriving in the coming days," he said. "When we do get both shipments, we are going to provide the public with KN95 masks and test kits once they become available."

There were long lines outside the Kennedy Center, home to the Health Department, in December when the department made the test kits available to the public. Caslli said those lines formed as a result of "perfect storm" with COVID-19 cases on the rise so close to Christmas.

"We hope to prevent that in the future," he said. "We are looking at other possible sites to hand out those test kits once they become available."

funds were never intended for the retirement board and were sent directly to PRIM.

"PERAC saw it, they flagged it, they asked us to amend it and it was amended. It wasn't that big of deal at that time," Walker said. "It was pretty easy to amend it, it didn't implicate anything that happened as part of the sale. The sale was not affected."

OBITUARIES

William F. Lee, 81

William F. "Leeso" Lee of Quincy, originally from South Boston, died peacefully surrounded by family on Feb. 10, 2022 at the age of 81.

Leeso was a 54 year member of Boilermakers Local 29, retiring in 1996. He proudly served in the United States Marine Corps. Attending the Fryeburg Fair in Maine was an annual highlight for him. Leeso was a dedicated volunteer for St. Vincent's Food Pantry in South Boston. Most of all, he enjoyed spending time with family and playing games like Left, Right, Center and Cribbage.

Son of the late Martin and Helen Lee. Husband of the late Virginia (Grafton) Lee. Loving father of Michael Lee of NH; William Lee, Jr. of Duxbury; Keli Burke and her husband Scott of Pembroke; and his nephew Michael Grafton and his wife Julia and their children Tucker and Arran. Proud "Papa" of Dave, Sue, Meagan, Richard, Alexandra, Nicolas, Kori, and many great grandchildren.



WILLIAM F. LEE

Brother of the late Robert Lee, James Lee and Dorothy McGrath.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Wednesday 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., QUINCY. A Celebration of Life Service will be held in the funeral home at 9:45 a.m. on Thursday prior to the Funeral Mass in St. Ann's Church, Quincy at 10:30 a.m. Burial in Cedar Grove Cemetery, Dorchester.

Donations in memory of Leeso may be made to St. Monica's Food Pantry, P.O. Box 270799, South Boston, MA 02127.

John F. Hanrahan, 76

John F. Hanrahan, of Quincy, 76, passed away Jan. 30.

John was predeceased by his parents, LT Lawrence (Larry) Hanrahan retired QFD, and his mother Alva (Fleury) Hanrahan. John was a lifelong resident of Quincy and retired from the Quincy Public Works Water Department.

John proudly served his country as a U.S. Marine in Vietnam with the HMM 364 Purple Foxes.

John enjoyed boating, raising German Short Haired Pointers and trips to Maine, and several trips to mid-western states.

John leaves behind family, friends, and a close group of his fellow Marines.

Relatives and friends are respectfully invited to attend visiting hours for John Saturday from 10-11 a.m. in the Hamel Lydon Chapel, 650 Hancock St., Quincy. Military Honors and burial immediately following in the Mount Wollaston Cemetery, Quincy.

In lieu of flowers please make a donation to the Veteran Organization of your choice.

For online condolences please visit hamellydon.com.

Councillors Seek Meeting With Retirement Board

Cont'd From Page 13

stuff."

"I'm personally a little bit hurt and insulted we had this very, very important conversation in front of us and whether it was through your office Mr. Walker or through the retirement board...there is a certain level of trust I certainly place in departments and the process," said

Councillor Nina Liang. "I trust that information will be provided to us to ask questions and to make the best decision possible."

Palmucci and Mahoney both raised concerns about the \$3.5 million loss not being initially disclosed in the prospectus for the \$475 million pension obligation bonds last fall. Mahoney asked Walker if the federal

Securities and Exchange Commission (SEC) was investigating the city relative to that matter.

Walker said the city was under no such investigation. He said the prospectus was amended to include to make note of the \$3.5 million loss 24 to 48 hours after it was first issued, before the bonds were sold. In addition, he noted the \$475 million in

funds were never intended for the retirement board and were sent directly to PRIM.

"PERAC saw it, they flagged it, they asked us to amend it and it was amended. It wasn't that big of deal at that time," Walker said. "It was pretty easy to amend it, it didn't implicate anything that happened as part of the sale. The sale was not affected."

Hearing Focuses On Language Barriers On The Beach

The Metropolitan Beaches Commission and Save the Harbor/Save the Bay convened a Virtual Public Hearing Feb. 9th to address language barriers on the Metropolitan Region's public beaches in Lynn, Nahant, Revere, Winthrop, East Boston, South Boston, Dorchester, Quincy and Hull.

At the hearing the Commission took testimony from people who do not predominantly communicate in English about the obstacles they face when they try to use and enjoy the region's public beaches.

At King's Beach and the rest of the Metropolitan Region's public beaches, water quality, beach rules, and regulations need to be accessible to people that do not speak English as their primary language to promote equity.

"Overcoming language barriers is a key issue," said Chris Mancini, executive director of Save the Harbor/Save the Bay. "If we don't have diversity in programs and signage on our beaches, folks will be forced to be spectators when they should be involved, active participants."

Rep. Adrian Madaro of

East Boston, who co-chairs the Commission, set the tone in his opening remarks, saying, "in East Boston, language justice and language access are not merely aspirations; they are absolute necessities to ensure the safety, wellbeing, and success of all of our neighbors."

Participants heard presentations on current and best practices for multilingual signage and websites. "Of the 250 signs we looked at across our Massachusetts coast, just four of them were in languages other than English," said Bruce Berman, director of Strategy and Communications of Save the Harbor/Save the Bay. "That's simply not good enough."

"QR codes on beach signage is one easy way to connect people to the multilingual resources they need," said Save the Harbor/Save the Bay Policy Intern Caroline Adamson during her presentation, pointing out that QR codes are already in use on signs in Revere and elsewhere.

Among those who testified at the hearing were Stephanie Cooper, Acting Commissioner of the Department of Conservation

and Recreation and Julia Mejia, City Councilor-at-Large, City of Boston.

"We are focused on having our areas accessible and safe," Cooper said. "We also need to have signage and information that provides people with the rules and regulations. What are the amenities? What do I need to know to enjoy the beach and be safe?" Cooper underscored the importance of the use of QR codes, observing that, "Save the Harbor/Save the Bay's presentation highlighted some of where we are headed and some of the progress we still need to make. The great thing about a QR code is that you can provide a lot of information in all the languages that you want. Our plan is to use QR codes this year."

"I hope that in the years to come our public spaces resemble, more accurately, our community," said Julia Mejia, Boston City Councilor-at-Large. "When I look at a lot of the signs, oftentimes at our public beaches, everything is still very much in English. I think that we need to do a better job of making sure that, if we are serious about creating spaces where people are seen

and reflected, then translation and information justice is a part of that conversation."

The Metropolitan Beaches Commission welcomes public participation and will gladly accept written testimony from all interested parties. Email your comments to rodriguez@saveetheharbor.org.

Quincy, MA | thomascranepubliclibrary.org

A People's Guide To Greater Boston

Wednesday, February 23 at 7 PM

Join Joseph Nevins, Suren Moodliar, and Eleni Macrakis -- authors of A People's Guide To Greater Boston -- to learn about the well-known and little-known significant places and people in our area involved in movements to abolish slavery; to end war and militarism; to achieve Native sovereignty, racial equity, gender justice, and sexual liberation; and to secure workers' right.

Make It Happen

Event will be broadcast live on YouTube.com/ThomasCranePublicLibrary

SUN FUN PAGES

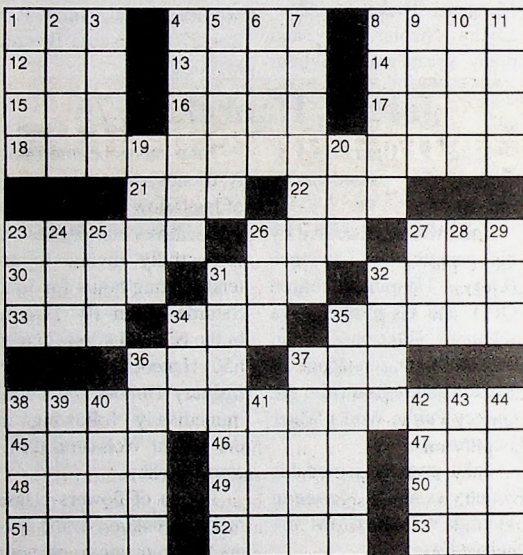
King Crossword

ACROSS

- 1 Fine, to NASA
4 "Misery" star James
8 Garbage barge
12 --mo (replay speed)
13 Taj Mahal city
14 Ocean motion
15 Sunbather's goal
16 Insect organ
17 Oklahoma city
18 Patsy Cline song
21 Shoe width
22 Little rascal
23 Brilliance
26 6 on a phone
27 Gaiety
30 "Dream on!"
31 Ginormous
32 Flintstones' pet
33 Abolish
34 Curse
35 Summoned with a beeper
36 Frenzied
37 Jewel
38 Words of
- empathy
45 Made into lumber
46 Drescher or Tarkenton
47 TV schedule abbr.
48 Currier's partner
49 Plane-related
50 Debussy's "La --"
51 Antitoxins
52 Lincoln in-law
53 Farm pen
- 19 Piece of lettuce
20 "As I see it," via text
23 Hearing thing
24 Hit CBS series
25 Cover
26 Blend
27 Pear-shaped fruit
28 French article
29 Affirmative action?
31 Adipose tissue
32 Slightly wet
34 Chum
35 Anise-flavored liqueur
36 High-IQ group
37 Sentry
38 Egyptian deity
39 Top choice, for short
40 Pitcher
41 Crunchy cookie
42 \$ dispensers
43 "Yeah, right"
44 Not even one

DOWN

- 1 Wine region
2 Norwegian saint
3 Hawaiian coast
4 Pill variety
5 Marble type
6 Woody's son
7 Taking a siesta
8 Precipitous
9 Title akin to POTUS
10 "Garfield" dog
11 Marries



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MAGIC MAZE • CIVIL-RIGHTS LEADERS

Y J F B Y U R Z O K H D A X U
Q N K H E B Y V E S P M J H E
B Y V T Q O S R E V E L I G D
B Y W T R P M S K N A I F D B
Y W U I (TUBMAN) T H O N Y
S Q O E H M K D O L S I C F D
B Z B O N D E T X K G W U S Q
O W I L K I N S R N L U J H F
D C U L R A A A Y W T O V T
S A M F T Q P P G P N U L D K
P I H S I O B U D F E T C B Z

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: ROSA —

Anthony Du Bois MLK Tubman
Bond Evers Paine Tutu
Chavez Friedan Paul Wilkins
Douglass Gandhi Stanton

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Shirt is different. 3. Fence board is missing. 4. Arm is lowered. 5. Pans are missing. 6. Glove is different.

Trivia test

1. HISTORY: When did the first Winter Olympics take place?
2. PSYCHOLOGY: What is the extreme fear represented by a condition called ophiophobia?
3. AD SLOGANS: Which company featured this advertising campaign in the mid-1980s: "Quality never goes out of style?"
4. LITERATURE: Which 19th-century novel begins with the line, "Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show?"
5. MOVIES: Where were the park bench scenes from "Forrest Gump" filmed?

6. ANATOMY: What is the common name for the orbit in human anatomy?
7. MEASUREMENTS: What does a hygrometer measure?
8. U.S. STATES: In which state was the movie "Children of the Corn" filmed?
9. LANGUAGE: What does "fair dinkum" mean in Australian English?
10. SCIENCE: What is the common name for nitrous oxide?

Answers

1. 1924, Chamonix, France
2. Fear of snakes
3. Levi's
4. "David Copperfield"
5. Chippewa Square, Savannah, Georgia
6. Eye socket
7. Humidity
8. Iowa
9. Unquestionably good
10. Laughing gas

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Wishing Well®

5 3 7 4 5 7 4 2 4 7 8 4 7
N A B Y O E O N U A B E W
5 3 5 7 3 7 8 5 7 6 2 4 6
S H T A A R E R E C I N H
4 3 2 4 5 4 7 5 7 2 3 8 5
R P G I U C O G F H P P G
7 8 7 8 7 4 8 6 2 7 4 5 7
O E T R H H S E T E O L R
8 3 6 4 8 7 4 3 4 8 6 5 6
I Y E T S S H M E T R E I
5 6 2 6 3 4 8 2 4 3 8 2 3
S S T Y A R E I S R N M R
6 2 8 6 3 6 3 2 3 6 3 2 2
O E T U I R A F G S E U N

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Your ideas are finally reaching those who can appreciate them. But don't expect any immediate reactions. That will come later. Meanwhile, a personal matter needs your attention.

TAURUS (April 20 to May 20) Your energy levels are rising, and you're feeling restless and eager to get into some activity, whether it's for profit or just for fun. In either case, the aspects are highly favorable, so go for it.

GEMINI (May 21 to June 20) A relationship seems to be winding down from passionate to passive. It's up to you to decide what the next step will be. But don't wait too long to take the initiative. Delay could create more problems.

CANCER (June 21 to July 22) A decision looms. But be very sure that this is what you really want before you sign or say anything. Once you act, there'll be little or no wiggle room for any adjustments.

LEO (July 23 to August 22) Money matters improve, but you still need to be cautious with your spending. Also, set aside that Leonine pride for a bit and apologize for contributing to that misunderstanding.

VIRGO (August 23 to September 22) A tempting financial situation could make the usually unflappable Virgo rush in before checking things out. Be alert to possible hidden problems. Get the facts before you act.

LIBRA (September 23 to October 22) It's nice to know that you're finally getting due

credit for your efforts. You also should know that new opportunities will follow. A family member brings important news.

SCORPIO (October 23 to November 21) Any uncertainty that begins to cloud an impending decision could signal a need to re-examine your reasons for wanting to take on this commitment.

SAGITTARIUS (November 22 to December 21) You benefit from taking time out of your currently hectic schedule to do more contemplation or meditation. This will help re-energize you, both in body and soul.

CAPRICORN (December 22 to January 19) Nursing hurt feelings can zap the energies of even the usually self-confident Sea Goat. Best advice: Move forward. Success is the best balm for a painful ego.

AQUARIUS (January 20 to February 18) A display of temperament surprises you, as well as those around you. It could be all that pressure you're under. Consider letting someone help you see it through.

PISCES (February 19 to March 20) Some things don't seem to be working out as you'd hoped. Don't fret. Instead, take some time out to reassess your plans and see where changes could be made.

BORN THIS WEEK: You enjoy traveling and meeting people. You are especially good with children and would make an excellent teacher.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: L equals C

XYMHC MD LGTZEYQJ CYMDTLTQJB
TJ P LQYBPTJ LMUCHBQY CYMXYPU
UTJX ZPJXHPXQ:
BGQ ZTBBZQ CPWLPZW.

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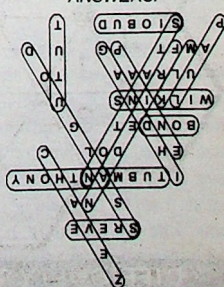
King Crossword

Answers

Solution time: 21 mins.



Magic Maze ANSWERS:



The Little Foscals.

CryptoQuip

answer

In a certain computer program—

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Here we go again. In this age of cancel culture, we now have a new one to contemplate. In 1812 the Brothers Grimm published their book of fairy tales. The 52nd story was German tale called “Snow White and the Seven Dwarfs.” In 1938, Disney’s animated “Snow White and the Seven Dwarfs” (released by RKO Pictures) became a classic loved by young and old, and a box-office bonanza. The Library of Congress selected it as one of the first 25 films for preservation in the National Film Registry.

Flash forward to 2022, when Disney announced plans to make a live-action “Snow White and the Seven Dwarfs” with “West Side Story’s” Rachel Zegler (Maria), and “Wonder Woman’s” Gal Gadot as the wicked queen with a poison apple. The reboot has new songs by Benj Pasek and Justin Paul. Disney proudly announced, “To avoid stereotypes from the original animated film we are taking a different approach with seven characters and have been consulting with members of the dwarfism community.”

That may make some people happy, but one who isn’t is “Game of Thrones” and current “Cyrano” star Peter Dinklage, who chastised Disney saying, “I was a little taken aback when they were very proud to cast a Latina actress as Snow White. Take a step back and look at what you’re doing there. You’re progressive in one way, and you’re still making that f-cking backwards story about

seven dwarfs living in a cave together. What the f--k are you doing, man? Have I done nothing to advance the cause from my soapbox?”

While we respect Dinklage’s right to object to what he calls stereotyping, should the story of “Snow White and the Seven Dwarfs,” not based in reality but on a 200-year-old fairy tale, vanish from our consciousness and never be told again?

Another ongoing cancel culture story involves director Woody Allen, who is trying to recover from the four-part HBO documentary “Allen v. Farrow,” which aired in 2021 and caused a slew of actors to say they’ll never work with him again. His 50th film, “Rifkin’s Festival,” stars Wallace Shawn, Gina Gershon and two-time Oscar winner Christoph Waltz. Shot in San Sebastian, Spain, it is based around San Sebastian International Film Festival. While it’s grossed \$2 million overseas, they haven’t found a distributor yet in the United States.

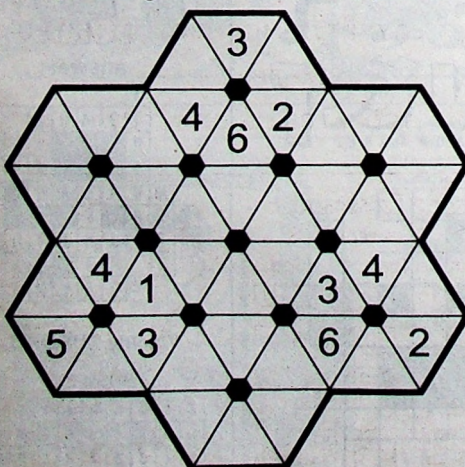
Sally Field, who hasn’t made a movie since 2017 (Netflix’s “Little Evil” with Adam Scott), has just completed her 38th film “Spoiler Alert,” based on the bestseller “Spoiler Alert: The Hero Dies: A Memoir of Love, Loss & Other Four Letter Words.” She’s in good hands with co-star and co-producer Jim Parsons. No release date yet. Who ever thought the “Flying Nun” would still be flying high at 75?

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		+		15			
+		÷		-				
	+		x		15			
x		+		x				
	x		-	*	19			
16		10		20				
1	2	3	3	4	5	6	7	8

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Milk Glass – Glass bottles were expensive packages for alcoholic drinks and other liquids, including many beauty products, by the late 1700s. But makers liked to give products a permanent label, not just a pasted, handwritten or printed paper label. So bottles were made with a thin layer of glass that was heated to cover the label and adhere it to the bottle permanently. Other less decorative bottles were made with the product name captured in the mold. A label under glass couldn’t fall off, get damaged or become illegible, so they were favored by apothecaries, the drug stores of the past. Many of these glass-covered labels were handwritten with the Latin names of medicines using fancy style gold-leafed letters. Glass Works Auctions featured milk glass barber bottles in an auction that included this American circa 1880-1900 barber bottle. It has a shaker top and a label under glass with the name “W.L. Doremus, Bay Rum” surrounding the head of a girl in a colorful bonnet. Highest bid, \$222.

Q: I inherited a set of International’s “Spring Glory” sterling silver flatware 14 years ago. There are 12 five-piece place settings and several serving pieces. I showed it to a dealer last year who valued it at \$1,000. I need to know its current value.

A: International Silver Company made “Spring Glory” flatware from 1942 to 1996. Sterling silver flatware was a popular wedding present years ago. It’s not as popular today and, although the price of silver has gone up in the past year, sets of silver are hard to sell. It’s important to know if the value you were given is what the dealer thought they could sell the silver for or what they would pay you for it. You can check prices for “Spring Glory” silver flatware prices on silver matching services listed online. Replacements Ltd. lists a five-piece place set-

ting of “Spring Glory” for \$210 to \$230. Matching services also buy silver flatware but will pay you a percentage of what they sell it for since they have to make a profit.

Q: Why do we say dinner dishes are made of china?

A: The story was part of my junior high school history lessons. Marco Polo brought “china” (a green colored pot) back from his explorations of China in 1260. Europe had only heavy pottery dishes, and “china,” the porcelain made in China, was lightweight, white, translucent and “fit for a queen.” It was one of the things that encouraged the king and queen of Spain to give Christopher Columbus money for his explorations in 1492.

CURRENT PRICES

Paper, valentine, mechanical, Rain or Shine, You Are Still My Valentine, boy in tan jumper, girl in blue and white checked pinafore, boy hands girl flowers as their eyes move back and forth, easel back, 1930s, 8 x 6 1/2 inches, \$20.
Pin, love knot, 14k yellow gold, blue enamel flowers, center diamond, Victorian love symbol, c. 1910, 1 inch, \$545.
Sailor’s valentine, seashells, flowers, triangles, oval, walnut shadowbox frame, 1900s, 16 x 19 inches, \$2,640.

TIP: Three-dimensional valentines and valentines with movable parts tend to be worth more than other valentines.

Learn about the record-setting prices scores of items have brought in recent years in the new “Kovels® Antiques & Collectibles Price Guide 2022.” It is the ONLY antiques price guide that empowers collectors with the most up-to-date price information based on actual sales and market data. Available in stores and online, it makes a great gift.

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STICKELERS®

by Terry Stickels

Mark wanted to win more than \$1,000 playing roulette. If he plays red only, he can make it happen. If I = 5 and N = 1, he can win more than twice that amount.

RED
RED
+ RED
WINS

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Strange BUT TRUE

- Rapper Snoop Dogg tried to rent the country of Lichtenstein for a music video, but was rejected.
- The Vatican has its own telescope staffed by priests, and has even received awards for the pursuit of scientific research.
- Until they are large enough to sleep upright, baby owls sleep on their stomachs because their heads are too heavy.
- Actual corpses were on the set and going to be used during the filming of “Apocalypse Now.” However, the man who supplied them turned out to be a grave robber and was arrested.
- Oceans around the world contain about 20 million tons of gold in the water itself, worth hundreds of trillions of dollars at current prices.
- In 1997, Mötley Crüe created a soda called “Mötley Brüe” to help promote their new album “Generation Swine.” For additional fun, they added enough blue dye to turn the drinker’s urine green.

- Walt Disney accidentally “kidnapped” Richard Nixon by dispatching his monorail train before the Secret Service could get on.
- When added together, the numbers on a roulette wheel add up to 666.
- M&Ms were created so military soldiers could enjoy heat-resistant and easily transportable chocolate during war.
- If your arm or hand falls asleep, try rocking your head from side to side. This will release the pressure on the nerves in your neck and wake up the limb.
- In 2003, PepsiCo offered Estonia \$25 million dollars to change the spelling of one of its lakes, Lake Peipsi, to Lake Pepsi, but was turned down.
- A man legally named Santa Claus was elected to the city council in North Pole, Alaska.

Thought for the Day: “I cannot believe the path to victory lies in staining our souls so black we become indistinguishable from those we fight.” – Anthony Ryan

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Now here’s a tip!

by Jo Ann Derson

- Store plastic wrap in the refrigerator, or even the freezer, to keep it from sticking to itself.
- “Take your medication tablets on a spoonful of your favorite yogurt! Place the pills on top of yogurt and they slide down. Follow with a second spoonful and smile.” – A Reader in Pennsylvania
- Do you have a screw loose...in your eyeglasses? This is an easy fix. Paint the screw with a dab of clear nail polish and quickly re-screw. It works like glue. Dab the top of the screw for a little extra insurance.
- “I purchased a roll of reflective tape to mark our basement stairs. It reflects the light from the open doorway at the top of the stairs, and I can turn the downstairs lights off before heading up. I had some left over, so I put a strip on my

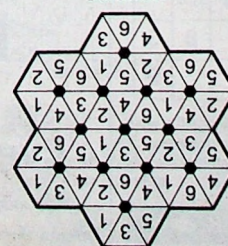
- dog’s collar. When I let him out at night, I can shine a flashlight and spot him instantly, since the tape is more visible in the night.” – V.R. in Pennsylvania
- If you’re leaving your home for a few days, make sure you don’t turn off the heater altogether. Set it at a low 55 degrees F and open up the cabinets that have pipes exposed. This way, air will circulate, and it won’t get too cold to allow the pipes to burst. Have a neighbor turn your faucets to a trickle if below-freezing weather is expected.
- Wrap the metal collar of your paintbrush with masking tape before painting. Then you can peel it off and there’s no stuck-on paint.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Go Figure! answers

20	10	16
19	5	4
x	+	x
15	3	3
-	÷	+
15	7	1

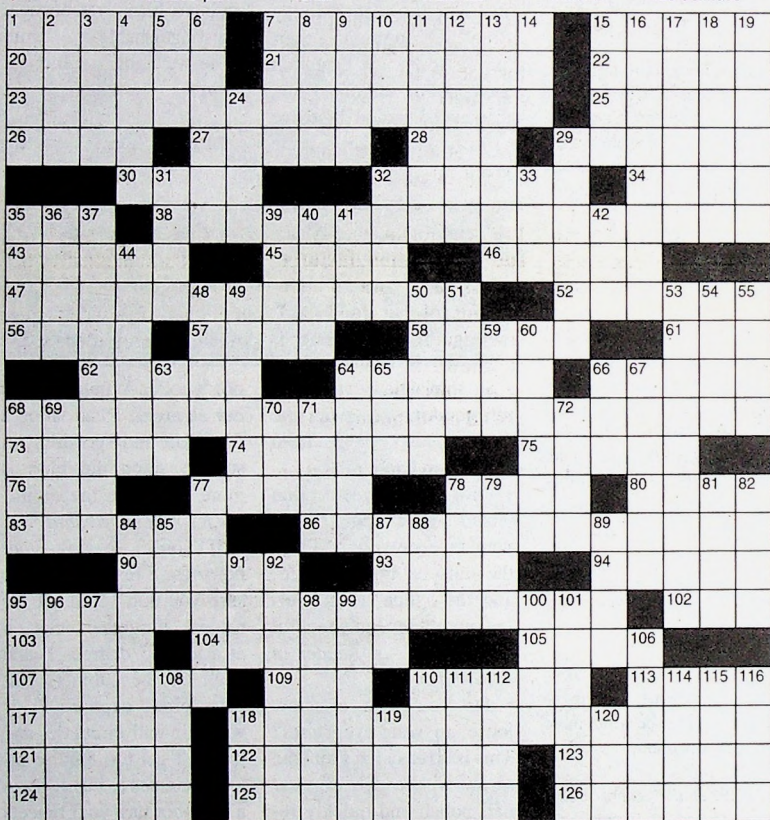
Stickelers Answer

1517
688 +
688
688

Super Crossword

MUNICIPAL APPLICATION

- ACROSS**
- 1 "Cabaret" performer Sally
7 Allowable
15 Egg-beating utensil
20 Carey of pop
21 Red wine, in Rouen
22 Sonja on ice skates
23 Start of a riddle
25 Western flick, in old slang
26 Like arias and anthems
27 "Go back to zero" button
28 Halloween's mo.
29 Titan orbits it
30 Other, to Juanita
32 Bible book before Jeremiah
34 Kingly title
35 Perp pursuer
38 Riddle, part 2
43 Giraffe's kin
45 Writer — Hubbard
46 1998 Disney musical set in China
47 Riddle, part 3
52 Rubber-stamping item
- 56 No, to Nabokov
57 Worn-down pencils, e.g.
58 Raise, as a building
61 Pie — mode
62 Maestro Kurt
64 Actress Debra
66 Second-rate flick
68 Riddle, part 4
73 Within easy reach
74 Sports facilities
75 Rudely brief
76 Chomp on
77 Begin
78 "Der —"
104 Nobel-winning "Mother"
105 Sleep furniture
107 Paid a visit
109 Feline cry
110 Credit card draw
113 Beef quality grader: Abbr.
117 Old arcade company
118 Riddle's answer
121 Like a well-pitched game
122 Audits, as a course
123 Actress Fawcett
124 Vestige
125 Mini-dictionary
126 Having soft, loose flesh
- DOWN**
- 1 Sporty German cars
2 Honolulu's island
3 Dark brown songbird
4 Insider talk
5 Unit of corn
6 Shepherd formerly of "The View"
7 Giant in car rental
8 Funny — (racehorse)
9 Tech news website
10 Suffix with west
11 San Luis —, Mexico
12 Florence native, e.g.
13 Self-obsession
14 Rock's — Leppard
15 Horse halter?
16 Circuit-cooling device
17 Get a gut feeling about
18 With
19 Unit of corn
24 Briny bodies
29 Movie critic
31 Taunt in good humor
32 "Money — object"
33 Lead-in to puncture
35 McCarthy lawyer Roy
36 Allowable
37 Sidewalk materials
39 See 18-Down
40 Meal scraps
41 Phone book listings: Abbr.
42 Skillet or wok
44 Wall-breaching bomb
48 "Movin' —" ("The Jeffersons" theme)
49 Most chaste
50 Group of brainiacs
51 Therefore
53 Store selling latex
54 "That is — ask"
55 "— Yankees"
59 Conger, e.g.
60 Like pizza
63 Articulate
64 Girth
65 Here, in Arles
66 Life story, in brief
67 Table — (pair's seating)
68 "— Team" (2010 movie)
69 Cole — (footwear brand)
70 Tony winner Hagen
71 Citrusy
72 Amish "you"
77 Like prurient material
78 Joking Johnson
79 Tax
81 Clumsy sorts
82 Hotel visit
84 Mysterious
85 Hulk player Ferrigno
87 This, to Juan
88 I, to Merkel
89 Inuit vehicle
91 Cow or hen
92 Letters sent by plane
95 Pour, as wine from a bottle
96 Speechifier rival
98 Really must
99 Sneaker brand
100 Lyft rival
101 Accompany to the airport, perhaps
106 Old Toyota
108 Chomp on
110 Penta-plus four
111 — about (roughly)
112 Big Apple blaze-control org.
114 Balkan native
115 Lacking color
116 Lacking color
118 Chinese menu abbr.
119 Family gal
120 Comrade



celebrity extra

by Dana Jackson

Q: I thought Selena Gomez did a great job opposite Martin Short and Steve Martin in their new series. Is this her first acting role as an adult? I remember when she was on Disney. — Z.P.

A: When the "Wizards of Waverly Place" ended on the Disney Channel in 2012, Selena Gomez quickly branched out into more adult roles in films like "Spring Breakers." She also recorded several hit songs and did voice work in "Hotel Transylvania" and its sequels. She's also made her mark behind the scenes as an executive producer for several of her projects. Starring opposite comedy legends Martin Short and Steve Martin in Hulu's "Only Murders in the Building" is her smartest move yet.

Q: What happened to the new show "Monarch" starring Susan Sarandon and Trace Adkins? It was supposed to premiere on Jan. 30. — L.D.

A: Unfortunately, viewers will have to wait until the fall 2022 season for the highly anticipated series "Monarch." It was supposed to premiere on Fox right after the NFC Championship game in January, but due to the rise in COVID cases, the network chose to postpone it, likely not wanting to shut down production in the middle of filming its first season. Another factor in its delay could



Selena Gomez, Steve Martin and Martin Short in "Only Murders in the Building"

Photo Credit: Craig Blankenhorn/Hulu

be the fact that there was a creative change behind the scenes in November. The original showrunner, Michael Rauch, was replaced by Jon Feldman, which resulted in reshoots of several scenes. Having a few more months of creative planning will only benefit the show in the long run, which is about a country music dynasty starring Susan Sarandon ("Dead Man Walking"). It has the makings of a hit, so it should be worth the wait.

Q: Was there ever a TV show about a family that had a winery before the new one called "Promised Land"? If so, what year was it on? — L.K.

A: The first dramas I recall of that genre was "Falcon Crest," which aired for nine seasons on CBS beginning in 1981. It starred Jane Wyman as the head of the Channing family and Robert Foxworth as the Gioberti family patriarch. "Promised Land" is a new ABC drama about a Latinx family that spans generations in Sonoma Valley. It stars John Ortiz

("Messiah") and Cecilia Suarez ("The House of Flowers"). According to MediaVillage.com, "Promised Land" is filled to the brim with scandal, betrayal, love and lust." The OWN network recently premiered "The Kings of Napa" with the tagline "Family Secrets Never Stay Bottled Up." It's about an African American family whose patriarch leaves the wine biz, resulting in a battle among his children for control of the family business. It stars Isiah Whitlock Jr. ("The Wire") and Ebonee Noel ("Wrecked"). There's also "Uncorked" over on Netflix, which stars Courtney B. Vance ("American Crime Story") as a father who owns a barbecue joint but whose son wants to become a sommelier instead of following in Dad's footsteps.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-------|----------------------|-------|
| 1. Up-to-date | — W — | Certainly not | — V — |
| 2. Financier | — A — | Foxhole | — U — |
| 3. Be indecisive | — V — | H2O | — T — |
| 4. Wafer | C — | Beginner | R — |
| 5. Pencil tip | — O — | Work with acrylics | — A — |
| 6. Hut | — C — | Hammerhead | — R — |
| 7. All-inclusive | — R — | Lure | — C — |
| 8. Wonderland girl | — C — | Similar | — K — |
| 9. Necklace ornament | — T — | Gym closet | — R — |
| 10. Country home | — N — | Houlihan's Army rank | — J — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

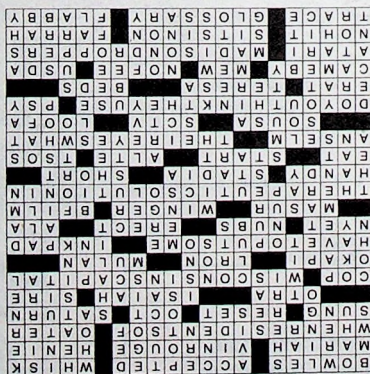
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



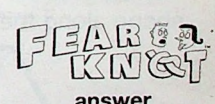
Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Point, Paint | 10. Manor, Major |
| 2. Cookie, Rookie | 9. Locker, Locker |
| 3. Waver, Water | 8. Alice, Alike |
| 4. Banker, Bunker | 7. Entire, Entice |
| 5. Shuck, Shark | 6. Newer, Never |

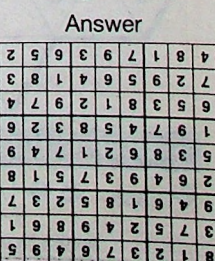


- W O V
T U S R Y L
W O L T E
♥ E A V N
W E B A L Y
♥ E A Y
♥ L W S O
♥ E S V R E
I L N
L I V Y A N
♥ Y A R S T
T A B I

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ R A T H E becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU



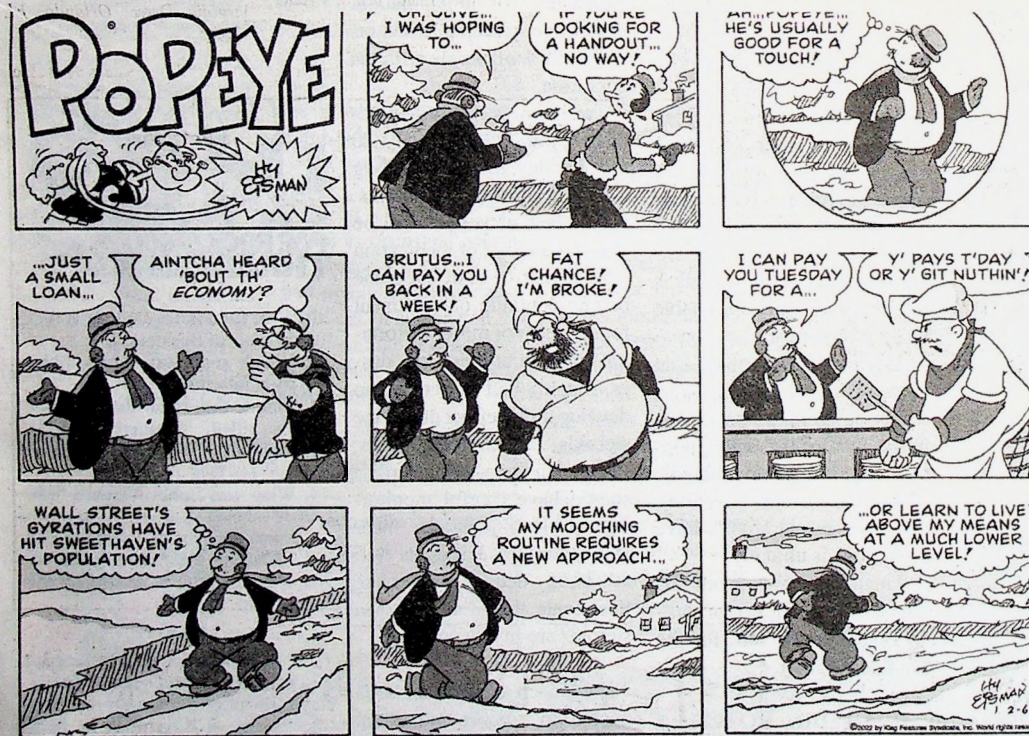
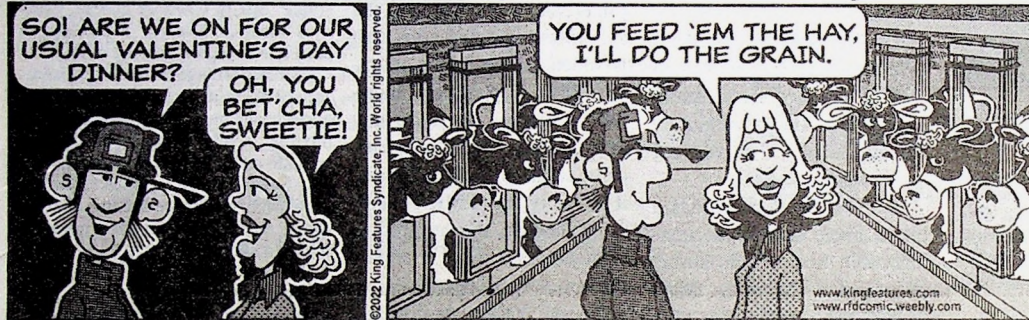
Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Within
DRAWIN

Sparse
AMERGE

Touch
SCARES

Beyond
TEDIOUS

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

3	2	2	2	7	1	1
4	1	6	7	3	5	2
4	7	1	6	2	6	4
5	2	3	4	3	6	1
3	5	1	3	4	6	6
1	7	7	7	6	4	3
7	4	5	6	1	2	2



More Tips for Finding Out-of-Stock Pet Food

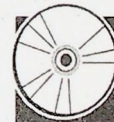
DEAR PAW'S CORNER: I wanted to respond to Casey H.'s concerns about finding the right pet food in the midst of these supply problems. We and some of our friends have experienced the same shortage. Our cat is on a prescription canned and dry food to treat her cystitis. Eating the wrong food could cause real problems for her. When we went to PetSmart to renew our supply, the shelf was almost empty. We talked to the in-store veterinarian, who said the main problem was a quality issue – the manufacturer had to throw away a huge amount of cat food and start again. That, plus the slowdown in truck deliveries, plus short staffing, are all contributing to this mess. Casey may want to call or

email the pet-food company, or talk to the manager of the store that it's usually purchased from. Another option is to make your own pet food. My mother was a dog breeder for 30 years and she made her own dog food. It's not an option for us because of our cat's medical issue, but it may be a solution for others. Your veterinarian can guide you on ingredients, and there are plenty of books with recipes that provide balanced nutrition. – Colleen R., East Rochester, New York

DEAR COLLEEN: That's great advice! Store managers and the pet food manufacturers themselves can provide more insight when a specific pet food is not available. You can usually find contact information for the manufacturer on the can, bag or box of pet food. Veterinarians also can help guide you to alternative pet foods, which is especially important when specific formulations are needed.

Send your tips, questions or comments to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD
for release week of
February 14, 2022

- Video On Demand**
1. Dune: Part One (PG-13) Timothee Chalamet
 2. No Time to Die (PG-13) Daniel Craig
 3. Clean (NR) Adrien Brody
 4. Venom: Let There Be Carnage (PG-13) Tom Hardy
 5. Clifford the Big Red Dog (PG) Darby Camp
 6. American Siege (R) Bruce Willis
 7. The Matrix Resurrections (R) Keanu Reeves
 8. Free Guy (PG-13) Ryan Reynolds
 9. The Requin (R) Alicia Silverstone
 10. Spencer (R) Kristen Stewart

DVD, Blu-ray Sales

1. Dune: Part One (PG-13) Warner
2. No Time to Die (PG-13) Universal/MGM
3. Halloween Kills (R) Universal
4. The Addams Family 2 (PG) Universal/MGM
5. Venom: Let There Be Carnage (PG-13) Sony Pictures
6. F9: The Fast Saga (PG-13) Universal
7. The Punisher (TV-MA) Lionsgate
8. Last Night in Soho (R) Universal
9. Jungle Cruise (PG-13) Disney
10. Cry Macho (PG-13) Warner

Source: Comscore/
Media Play News

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Hitori

2	2	1	9	5	4	7
3	4	6	7	7	1	7
9	9	4	3	1	5	3
1	6	3	4	3	5	2
4	6	2	6	1	7	4
2	5	7	9	1	6	3
1	1	7	2	2	2	3

SCRAMBLERS

solution

ACTING

Today's Word

1. Inward 2. Meager
3. Careless 4. Outside

"Now, that's what I call
They're married in real life, you know."

MORE FUN



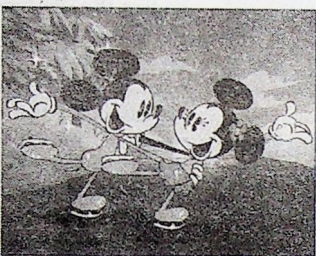
The Marvelous Mrs. Maisel (Season 4) After two excruciatingly long, lonely years, the realization of the fourth season of this Amazon Original series is nigh! Emmy and Golden Globe winner Rachel Brosnahan returns to the groundbreaking role of Midge Maisel, the bold, fashionable and quick-witted stand-up comedian shaking up smoky comedy clubs in the late 1950s. When last we saw Midge, she had just been cut from opening for singer Shy Baldwin's concert tour after some of her jokes exposed Baldwin's private love preference. Devastated, she and plucky manager Susie (played by Alex Borstein) are left standing on the airport tarmac, suddenly jobless. Worse yet, Midge had recently ended her engagement to dreamy doctor Benjamin in order to pursue her career. Loveless, incomeless and with multiple people relying on her livelihood, Midge has a lot to figure out this season. Premieres Feb. 18. (Prime Video)

Icahn: The Restless Billionaire — From his modest beginnings in the borough of Queens to earning high honors at Princeton University, and eventually becoming the most feared man on Wall Street, corporate shaker-upper Carl Icahn has a long history of ingenuity and brilliance. So why is a man who has overtaken and sold countless corporations and amassed a personal fortune of over \$16 billion never satisfied? Watch and find out. (HBOMax)

The Wonderful Winter of Mickey Mouse — If you enjoy watching others participate in winter sports and fun, but the Olympics are too competitive for your taste, glide on over to Disney+. This new winter-themed special stars Mickey and Minnie skating, skiing and romping, but a lot of

the old Disney gang make appearances, too. The program's animation has an old-school look to the characters, so artistic aficionados will enjoy that aspect. This special is a sequel to "The Wonderful World of Mickey Mouse" and will be followed by other seasonal adventure episodes later this year. (Disney+) Premieres Feb. 18.

Fishbowl Wives — Cross one of the "Real Housewives" franchises with a Japanese anime-style comic-book story and this is the result. Six women in what they believe are marriages with their perfect soulmates all live in one luxury high-rise building. One by one, each finds herself cheating on her marriage, and each is tormented



Scene from "The Wonderful Winter of Mickey Mouse"

by their own actions and the demise of the lives they were building. This is a very adult show in theme and situations, so take heed if kids are within viewing distance (subtitles don't hide nudity!). (Netflix)

Lincoln's Dilemma — Narrated by Jeffrey Wright, this four-part documentary series explores the plight of President Abraham Lincoln to end slavery at any cost, and what that meant to different populations and locations of the United States at the time. Addressing not only the effect on enslaved people, but economic and humanitarian aspects as well, the series is based on a variety of scholarly and journalistic sources and includes an array of archival artifacts. Also starring Leslie Odom, Jr. as Frederick Douglass and Bill Camp as Lincoln. Premieres Feb. 18. (Apple TV+)

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Contract Bridge

I THINK, THEREFORE I AM

South dealer.

East-West vulnerable.

NORTH

♦ 10 7 4 2

♥ —

♦ 7 6 5 4

♦ A K Q 10 3

WEST

♦ A

♥ Q 7 4

♦ A K J 8 3

♦ 9 8 5 2

EAST

♦ K 9 8 6 3

♥ J 6 2

♦ 10 9 2

♦ J 6

SOUTH

♦ Q J 5

♥ A K 10 9 8 5 3

♦ Q

♦ 7 4

The bidding:

South West North East

4♥ Pass Pass Pass

Opening lead — king of diamonds.

Here is a hand that demonstrates the type of thought process that is necessary to become a successful player. West's opening lead against four hearts is the king of diamonds, on which East plays the deuce and South the queen. West's first problem is what to play next.

If West thoughtlessly continues with a diamond, declarer ruffs and plays three rounds of trump, securing the contract as the cards lie since the defense cannot cash their two spade tricks. But if West is fully alert, he realizes that South's queen of diamonds is sure to be a singleton because East would not play the deuce of diamonds with any holding other than the 10-9-2. Accordingly, West shifts to the ace of spades, on which East plays the nine to ask for a continuation. But West can't oblige and reverts to diamonds.

Declarer ruffs and plays the A-K of trump. If West is asleep at the switch, he follows low to both trumps, and South easily makes the contract by leading another trump.

But if West is thinking along the proper lines, he does not follow low twice to the A-K. West realizes that declarer will surely make the contract if left to his own devices, so on the second trump, West plays the queen, hoping East started with the J-x-x.

Once West rids himself of the queen, it doesn't matter whether declarer next plays another trump or tries to run dummy's clubs; in either case he goes down one, losing two spades, a heart and a diamond.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

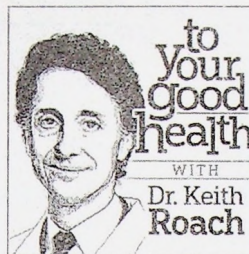
WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHO IS THE MOST FAMOUS YELLOW-HAIRED SPY?

JESTER	—	STEER	BLADES	—	LEADS
SWEATS	—	STEW	LACKED	—	CAKED
MINERS	—	RINSE	SOREST	—	RESTS
PACERS	—	SCRAP	CINDER	—	CIDER
SQUEAK	—	QUAKE	KISSED	—	SKIES
			SEETHE	—	THESE

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How Much Popcorn Is Too Much?

DEAR DR. ROACH: I love popcorn, but when you look close there are so many hard hulls! Are they hard on the stomach? Can you eat too much? -- G.P.P.

ANSWER: Popcorn has a lot of fiber, include the non-digestible bran of the kernel (also called the hull). Fiber is generally healthy for you, aiding in digestion and making you feel fuller, and foods high in fiber may reduce risk of some chronic diseases.

However, too much fiber, especially if your system is not used to it, is absolutely a potential problem. It can cause bloating and gas, and in rare instances can cause an obstruction in the bowel. This is not likely with any reasonable amount of popcorn.

Doctors used to think that in people with diverticulosis, which is little outpouchings in the wall of the colon, popcorn could cause diverticulitis (inflammation and infection). However, recent studies have shown this is unlikely.

Finally, enjoy popcorn air-popped, without oil or butter or too much salt, for the healthiest option.

DEAR DR. ROACH: I was recently worked up for an autoimmune disease that now seems to be osteoarthritis. I was placed on 10 mg of prednisone for 14 days with amazing relief from my painful shoulder and arms. I am severely allergic to aspirin and do not want to take opioids. The physician has ordered prednisone 2.5-5 mg daily to control symptoms. Is it safe to take this low dose of prednisone daily for pain control? -- M.O.

ANSWER: It sounds to me that the physician may not have communicated as effectively as I might have hoped.

Osteoarthritis, although a widespread cause of joint pain, is not an autoimmune disease, and it is not treated with prednisone. Instead, it sounds very much like you may have polymyalgia rheumatica.

PMR is found in women more often than in men and rarely in people under 50, most commonly in a person's 70s. Hallmark symptoms are joint pain, especially of the shoulders and upper arms, that is much worse in the morning. PMR also is very sensitive to prednisone 10-20 mg: If it doesn't respond dramatically to those kinds of doses, it probably isn't PMR. A laboratory finding, the erythrocyte sedimentation rate, is almost always very elevated (92%-94%) in PMR. A different blood test for inflammation, C-reactive protein, is abnormal in 99% of people with the condition.

Treatment is low-dose prednisone, usually given at 10-20 mg per day to start, as long as it is controlling symptoms. About half of people will be able to come off of medication after a year or two, but some people continue on treatment for six years or more. Unfortunately, even at these low doses, roughly half of people can develop a side effect due to the steroids, especially cataracts. People on long-term steroids should have careful monitoring of blood pressure, sugar and cholesterol levels, as well as bone density. Alternate treatments that don't rely on steroids are in development.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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SEETH	E	SEETHE
THESE	D	KISSED
SKIES	N	CINDER
CIDER	O	SOREST
RESTS	I	LACKED
CAKED	B	BLADES
LEADS		
QUAKE	S	SQUEAK
SCRAP	E	PACERS
RINSE	M	MINERS
STEW	A	SWEATS
STEER	J	JESTER

Comfort foods

Made fast and healthy



by Healthy Exchanges

Mexican Chicken Bake

Sunny Mexico — where the warm blue sky is never-ending and the "spiciness" of the food can be as "hot" or as "mild" as you want it to be.

- 1/2 cup salsa (mild, medium, hot or extra-hot)
- 1 (8-ounce) can tomato sauce
- Sugar substitute to equal 1 tablespoon, suitable for baking
- 3/4 cup shredded reduced-fat Cheddar cheese
- 1 cup coarsely crushed baked nacho chips
- 1 1/2 cups diced cooked chicken breast
- 1 (15-ounce) can cut green beans, rinsed and drained

1. Preheat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a medium saucepan, combine salsa, tomato sauce and sugar substitute. Stir in Cheddar cheese. Cook over medium heat for 5 minutes or until cheese melts, stirring often.

3. Evenly arrange half of chips in prepared baking dish. Layer chicken and green beans over chips. Pour hot salsa mixture evenly over beans. Evenly sprinkle remaining chips over top.

4. Bake for 25 minutes. Remove from oven and place baking dish on a wire rack and let set for 5 minutes. Makes 4 servings.

• Each serving equals: 262 calories, 6g fat, 26g protein, 26g carb., 921mg sodium, 3g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 Starch/Carb.

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1. What time is the train in BTO's "Takin' Care of Business"?
2. Which song was Barry Gibb's first try at falsetto?
3. Name the band that released albums titled "Equinox" (1975), "Crystal Ball" (1976) and "The Grand Illusion" (1977).
4. What was Bobby Vinton's "Mr. Lonely" about?
5. Name the song that contains this lyric: "Darling, look both ways before you cross me, You're headed for the danger zone."

Answers

1. 8:15. Songwriter Randy Bachman said he wrote it about a music technician's trip into the city every morning.
2. "Nights on Broadway," in 1975, from the Bee Gees' "Main Course" album. The song was cut from 4:25 minutes to 2:52 by taking out the slow part.
3. Styx. Those albums did well, but it wasn't until their 1981 "Paradise Theatre" album that they topped the charts.
4. Vinton started writing the song while serving in the Army, lamenting the fact that he was far away from home and never got letters in the mail.
5. "The Love You Save," by the Jackson 5 in 1970. Oddly enough for a young teen song, it mentions historical references, such as Benjie (Ben Franklin), Christopher (Christopher Columbus) and Isaac (Isaac Newton).

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Puzzles4Kids Answer

Ask John Paul: AAA New England's Car Doctor

Senior Manager, Public Affairs and Traffic Safety

Cont'd From Page 24

replaced. I've been using my key to unlock my door. There are times when my key won't turn. Is WD-40 okay to use to lubricate the lock? Where do you recommend going to get a new key fob?

As good as WD-40 is I prefer to use a dedicated "dry" lock lubricant. I have found that WD-40 tends to wash away some of the factory lubricant and also can attract dirt and over time cause more sticking. The dealer or a full-service locksmith can replace your car-fob. You can buy a aftermarket key-fob for your car for as little as \$25 online but it will require professional programming.

Any thoughts on the latest Acura RDX? I'm looking at that and the Volvo XC60 and the Audi Q5. This would be a car that I plan to keep for a long time and use for carrying my bikes and commuting to work.

In the spirit of full disclosure, I haven't driven an Audi Q5 in several years. The previous model that I road tested had a wonderful interior, very nice road manners and had a solid feel. The Volvo XC60 depending on engine choices delivers a nice balance of luxury and sporty performance. The Acura RDX has only one engine: a 280 horsepower 2.0-liter turbo-charged four cylinder that blends drivability and sporty performance. If you like technology the RDX has just about every tech feature available including wireless Apple CarPlay. In the driving and comfort category I would put the Volvo and Audi as a tie with the Acura slightly below. If you are looking at long term reliability and resale value the Acura RDX is at the top of the list. Just to add to your choices you might also take a look at the wildcard in

this group the Genesis GV 70. It is sporty, luxurious and has stunning good looks.

I have a 2005 Honda Pilot with 208,000 miles. When it reached 195,000 miles, it started vibrating in the rear of the vehicle when I was accelerating between 30-40 mph. It goes away quickly, but happens quite frequently. The vibration noise disappears both when I accelerate and when I take my foot off the gas. I had it at the dealer for three days and they were not able to identify the noise, yet my passengers can all hear the vibration. I also occasionally hear a vibration in the front of the car. I am wondering if there are two separate issues with the noise being in the front on occasion and also in the back. I definitely hear the noise from the back of the car more frequently. Any ideas on what could be causing this? I read your column all the time and I am a big fan. Thank you.

Honda uses a very specific rear differential fluid (VTM4). This fluid is designed to work with Honda's active torque rear differential. Over time this fluid will wear out and cause a chatter. Since the dealer couldn't find any mechanical problems, ask them about changing the fluid. I have seen many cases where this will help. In regard to the noise in the front of the car, that could be the result of a loose/vibrating exhaust heat shield.

In the past your advice has helped me keep my car going. I hope you can shed some light on a non-mechanical question. I have a 2003 Volvo S60, and am having a problem with the radio. At times I am unable to hold a station. This happens throughout the winter, and it is starting to happen as the weather has gotten warmer.

For some unknown reason, the digital stations will scan through nonstop, or just move up or down one station. Sometimes tuning the radio with the steering wheel button helps, or else I just turn the radio off and start over. I love this car and I know it is old and cranky like me. Any advice will be greatly appreciated.

Volvo did issue a technical bulletin for erratic radio operation. Apparently a cable inside the CD player portion of the radio chafes and causes problems. There is no specific repair other than replacing the radio.

I recently purchased a Ford dump truck that I plan to use on a construction project of a very old farm house and to plow snow on my property. When I raised the bed up, I saw a lot of rust. I had someone look at it and he banged it with a hammer and told me the frame was shot. It runs well - can a rusted frame be fixed?

I would find a welding shop that works on trucks. Cleaning up the rust and welding in metal should keep this truck going. Just like repairing rotten wood that requires you to clean it up and get back to solid structure, welding a rusted frame is essentially the same.

I'm hoping you can settle an argument between me and my wife. She is convinced that if we use premium gas in our car we will get better fuel mileage. I think it is just a waste of money. What do you think?

If the car was designed for premium fuel and requires premium fuel, follow the recommendations of the owner's manual for the best performance and mileage. Many cars are designed to run on 87 octane regular or only recommends higher octane. If this is the case with your car, paying for premium is just a waste of money.

Bethany

Congregational Church

On Sunday, Feb. 20, Bethany Congregational Church will have a regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist.

For all events at Bethany Church, masks and social distancing are required. There is no coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service is available. Check

the Bethany Congregational Church website for instructions on how to watch.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethany-congchurch.org. The telephone number is 617-479-7300.

Broad Horizons Pre-school is open and accepting students both full and part-time. To inquire and/or fill out an application, go to our website at Broadhorizonsbethany.com or call us at 617 471 0022.

Quincy Point Congregational Church

Feb. 20 live-streamed worship begins at Sunday at 10 a.m. as we celebrate the seventh Sunday after Epiphany.

There is a possibility of in person worship for this Sunday at 444 Washington St., so stay tuned to the church social media or join the "Points" email distribution list- sign up located at bottom right hand bottom of the home page at www.quincypointcong.org.

Deanna Van Schagen, the church moderator, will provide a Stewardship Witness Moment during worship and will share the ways in which we reach out to our local and wider communities. It is also the third Sunday of the month when we traditionally collect non-perishable products for the food pantry at Interfaith Social Services.

Worship can be seen on the church website, The

Quincy Point Congregational Church YouTube channel, Vimeo or on the church Facebook page. Previously

recorded services can be seen anytime on the same venues.

Services are also broad-

cast on Quincy Access Television at 6pm on Wednesdays. Need help connecting?

Give the office a call at 617-773-6424.

LAFF - A - DAY



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